

# Better Homes & Gardens®

10th  
ANNIVERSARY  
**STYLE  
MAKER**  
ISSUE



Cooking Up Fun  
with Jesse Tyler  
Ferguson  
& Julie Tanous  
p. 76

get  
creative!

DIY WALL GRAPHICS, BACKYARD RETREATS & FLOWER GIFTS



**SEKTION/SINARP/HASSLARP**  
Kitchen

**\$2259**

Based on a 10'×10' kitchen price

For details, visit [IKEA-USA.com/warranty](http://IKEA-USA.com/warranty)

Pinch salt, not yourself.

No, it's not a dream. It's a beautiful, sustainable and affordable quality kitchen. We even have a team of professionals to help you every step of the way, from measurement to planning to installation – even financing options. Oh, and did we mention it has a 25-year warranty? On second thought, maybe you do need that pinch.

Learn more at [IKEA-USA.com/Kitchens](http://IKEA-USA.com/Kitchens)

What's included in the price? The kitchen price includes cabinets, fronts, hinges, cover panels, deco strips/moldings, legs and toekicks. All kitchens also include soft-closing hinges. Your choice of appliances, lighting, knobs/handles, sinks, faucets, countertops and interior accessories are sold separately.



# CONTENTS

MAY 2021 | VOLUME 99 | NUMBER 5



## ON THE COVER

PHOTO

EVA KOLENKO

FOOD STYLING  
MARIAN  
COOPER CAIRNS

## in every issue

- 2 EDITOR'S LETTER
- 4 BHG.COM
- 90 COOKBOOK
- 120 STYLEMAKER



## life

### 6 TEN YEARS OF STYLEMAKERS

Updates on some of our favorite creatives from the past decade.

### 14 HANDS-ON

Easy ice-dyeing is the trick to this handmade Mother's Day gift.

### 16 FROM THE EDITORS

Goods for the pets we love.

## beauty

### 18 EDITOR'S PICKS

Bold lip color that lasts.

### 20 ROLE MODEL

Jennifer Garner's new normal beauty routine.

## life in color

### 68 EDITOR'S CHOICE

A serial renovator's midcentury house gave her the chance to take her style in a new direction.

### 76 KITCHEN KISMET

Actor Jesse Tyler Ferguson and chef Julie Tanous merge their passions in a new cookbook.

### 82 CREATIVE

**CHEMISTRY** He's into clean modernism; she's into pizzazz. Their L.A. home is a happy balance.

## home

### 22 COLOR

Picking and using colors that have star power.

### 28 DECORATING

Make a statement on your walls with a retro-cool mural.

### 36 OUTDOOR LIVING

A patio becomes a stylish destination for relaxation.

### 41 GARDENS

Designing a backyard garden for more veggies and more joy.

### 48 PLANTINGS

African violets are shedding their finicky reputation.

## food

### 52 BREAKFAST

A bright,

goes-with-everything sauce

will wake up your morning.

### 56 FAST & FRESH

Weeknight dinner ideas.

## better

### 96 THE GUIDE

### 101 WELLNESS

Five women who are changing how we take care of ourselves.

### 106 MENTAL HEALTH

**MATTERS** These skills will help you cope with times of uncertainty.

### 110 HEALTH

What dermatologists wish you knew about sun protection.

### 118 PETS

How to protect your pet from household hazards.

# EDITOR'S LETTER



## MISSED *connections*

one) where our Stylemakers can connect and network, sharing their newest discoveries and pain points as creators. Though called influencers—a term that turns off some people—each of these talents is really, at their core, an editor. They pick and choose what they trust their audiences will enjoy like we BH&G editors do. But they do it mostly through the lens of social media, which has widened in importance even more over the past year as people spend less time in the real world and many more hours online.

Digital creative connections can be beneficial, and they've certainly gotten many of us through one of the most difficult periods of our lives. I've really enjoyed the people and things I've discovered online this year. But I hope our post-pandemic world will allow us to modify our digital usage somewhat.

At the time of this writing, spring is here and hope glides in the air. We are looking forward to being outdoors as much as possible, achieving widespread vaccinations and herd immunity, and hopefully returning to some of the things that will give us back a sense of normalcy. I want to see people in the flesh more than on the screen. I hope to be able to focus on doing many of the taken-for-granted things I never knew I could miss so much: dining out with friends, going to a concert, traveling to another country, even walking down a crowded Manhattan sidewalk. Not one of the things I want to spend more time doing involves a phone, a Zoom meeting, or a computer. Here's to seeing everyone in person.

Humans by nature love to interact with each other. We are (mostly) a sociable species—though sometimes I admittedly need to allow myself space to be a cranky hermit. I've written several editor's letters over this past pandemic year identifying the difficulties we've all faced, and isolation was probably at the top of the list. That's why for our 10th annual Stylemaker issue we wanted to celebrate the theme of Creative Connections.

Stylemakers, the network of people once known as bloggers and now as influencers, are an important part of the BH&G family and brand. They come from many walks of life and backgrounds. Some specialize in home decor, others in gardening or food. Some focus on parenting issues or wellness and beauty. What unites them is creativity.

In conjunction with our annual issue, we hold an in-person event (this year a virtual

*10th Anniversary*  
**STYLE  
MAKER**

**YOU'RE  
INVITED!**

Mark your calendar:

This year you can join our virtual **Stylemaker celebration on Friday, May 7.**

We'll talk organizing solutions with Clea Shearer and Joanna Teplin from *The Home Edit* and mix a tasty frozen drink with our cover stars, Jesse Tyler Ferguson and Julie Tanous (don't miss their story on page 76).

For all the event details, hover your smartphone camera over the code below or visit **BHG.com/Stylemaker**.



STEPHEN ORR,  
*Editor in Chief*  
instagram @steporr

# CHARLESTON

*South Carolina*

126



*Experience the timeless charm and unrivaled hospitality found only in  
Charleston, South Carolina. The perfect stay awaits.*

Explore Charleston [EXPLORECHARLESTON.COM](http://EXPLORECHARLESTON.COM)  
f/ @EXPLORECHARLESTON t/ @EXPLORECHS

SC is OPEN



**[SWEEPSTAKES]**  
**Win  
\$25,000**  
to create your ultimate  
backyard. Enter at  
**BHG.com/25kBackyard**  
for a chance to win.  
Details on page 95.

## Embroidery Basics

Embellish clothes, toys, and decor with a little help from our stitch guide. Diagrams and directions lead you through the steps, and our suggested projects walk you through visible mending and embroidery hoop crafts.

**BHG.com/Embroidery**

## NIGHT BLOOMS

We love a garden that shines as much in moonlight as sunlight, and our favorite moonflowers are easy to grow and sweet-scented. Train these climbers up trellises near an evening lounging spot to enjoy.

**BHG.com/Moonflower**



## Temporary Wallpaper 101

Looking to revamp a room with a splash of pattern?

We'll show you how to hang peel-and-stick wallpaper like a pro. Learn how to prep your walls and match repeats for best results. No paste needed.

**BHG.com/DIYWallpaper**



Hover your smartphone camera over this code for our quick video tutorial.



MADE RIGHT.  
ON THE  
**FARM**.<sup>TM</sup>



©2020 Tyson Foods, Inc.

life

# 10th Anniversary STYLE MAKER

ISSUE

CREATIVE,  
ADVENTUROUS  
INSPIRING,  
CONFIDENT  
INNOVATIVE,  
BOLD

That's how we describe our Stylemakers—those individuals we've been spotlighting over the past decade for their influence on how we live at home. To celebrate this anniversary, we found out what a few of them have been up to since they were last featured on our pages.

**See how they continue to impress. ➔**



IT'S MORE THAN CHOCOLATE  
IT'S MAGNUM ICE CREAM



NEW  
LOOK





## justina blakeney

2016

When we first profiled Justina, we loved the rich decorating style she coined "Jungalow." Next came her product lines for re-creating it. This spring, she's releasing a book that's part visual feast, part get-the-look guide. Layers are key, as are colors and patterns from nature and travels. And plants? The more the better. *Jungalow: Decorate Wild*, \$40; [abramsbooks.com](http://abramsbooks.com)

[2018]

## REBECCA LEMOS-OTERO

City Blossoms, the nonprofit Rebecca cofounded to give kids the opportunity to garden in the city, keeps growing. The Washington, DC, organization, which partners with gardens and community green spaces, reached 7,000-plus young people last year, despite a shift to virtual and socially distant programs. [cityblossoms.org](http://cityblossoms.org)



## IN PRINT

Our Stylemakers' new books on home design, cooking, and gardening.



[2017]

## LEE MAYER

*Design the Home You Love: Practical Styling Advice to Make the Most of Your Space*, written with her Havenly online design service cofounder, Emily Motayed. \$33; [penguinrandomhouse.com](http://penguinrandomhouse.com)



[2015]

## CLODAGH MCKENNA

*Clodagh's Weeknight Kitchen*, \$25; [barnesandnoble.com](http://barnesandnoble.com)



[2017]

## ERIN BENZAKEIN

*Floret Farm's Discovering Dahlias*, \$25; [chroniclebooks.com](http://chroniclebooks.com)



Ayesha Curry, our 2018 cover Stylemaker, launched the magazine *Sweet July* last year.



#### Green Tea Frappe

Blend ¼ cup Torani Sugar Free Vanilla Syrup, ½ cup milk, 1 Tbsp. matcha powder, and 2 cups ice together until smooth. Top with whipped cream.



#### Skinny Vanilla Cold Brew

Combine 2 Tbsp. Torani Sugar Free Coconut Syrup, 1 cup cold brew coffee, and creamer to taste.



#### Vanilla Oat Milk Cappuccino

Combine 2 Tbsp. Torani Sugar Free Vanilla Syrup, ½ cup oat milk, and 2 shots espresso or ½ cup strongly brewed coffee.



#### Iced Golden Milk

Add 2 Tbsp. Torani Sugar Free Vanilla Syrup and ½ tsp. turmeric powder to 1 cup cold milk.



#### Zero Carb Whipped Cream

Whip 2 Tbsp. Torani Sugar Free Vanilla Syrup with 1 pint heavy whipping cream until soft peaks form.



#### Vanilla Grapefruit Cream Soda

Add 2 Tbsp. Torani Sugar Free Vanilla Syrup into 1 can of grapefruit flavored sparkling water.

# Mixes Well

Torani flavors are crafted to bring out the best in your drink so you can make something deliciously original without all the calories.

*America's favorite since 1925*

Available in the coffee & tea aisle of your local grocer or Supercenter.



Discover easy Torani recipes at [www.torani.com](http://www.torani.com).

© 2021 Torani/R. Torre & Company



[2018]

## ASHLEY BASNIGHT

Her DIY know-how landed her a spot on *Making It* and an appearance on *The Drew Barrymore Show*. [handmade-haven.com](http://handmade-haven.com)

66

I'm most creative in the middle of a project. I always have fun making design changes on the fly.

99



[2017]

## GRACE MITCHELL

We knew Grace had star power when we first saw her house. Now she's got a home goods line with At Home and a new show on HGTV. [astoriedstyle.com](http://astoriedstyle.com)

10

We can't wait for the second season of *Taste the Nation* with food pro Padma Lakshmi (2016).

## [2016] ERIN FLETT

Erin's simple but graphic style continues to charm us. It's geometric and precise but has the no-two-alike appeal of the handmade, because, well, it is. She has always screen-printed and sewn her designs in Maine, starting in her basement, growing to an outside studio, and recently moving to a 4,000-square-foot 1850 building with a busy studio upstairs and a retail shop below. This spring, her designs are popping up in a new line of totes and cross-body bags made for Anthropologie. [erinflett.com](http://erinflett.com)



## stephanie izard

2013

Not just anyone can be an Iron Chef. And this one has a sweet side. The chef, cookbook author, and owner of the Chicago restaurant Girl & the Goat opened the bakery Sugargirl last fall. A selection of cakes and pies is available for shipping through [goldbelly.com](http://goldbelly.com). Another way to bring home Stephanie's flavor: She's adding crunchy toppings to her line of This Little Goat sauces and spices this spring. [stephanieizard.com](http://stephanieizard.com)

# ECZEMA: UNDER CONTROL. SO ROLL UP THOSE SLEEVES.

DUPIXENT is a breakthrough in the treatment of uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

**SHAWN, REAL PATIENT.**

Individual results may vary.

HELP  
HEAL  
YOUR  
SKIN  
FROM  
WITHIN™

DUPIXENT helps heal the look and feel of skin. And it's not a cream or steroid. It's a biologic that continuously treats eczema over time—even between flare-ups. See and feel a significant difference with:

**Clearer skin**

**Fast itch relief**

- In clinical trials at 16 weeks, 37% of adults and 24% of teens (ages 12-17) saw clear or almost clear skin vs 9% and 2% not on DUPIXENT.
- And 38% of adults and 37% of teens (ages 12-17) had significantly less itch vs 11% and 5% not on DUPIXENT.

**DUPIXENT®**  
*(dupilumab) Injection*  
200mg • 300mg

— TALK TO YOUR ECZEMA SPECIALIST AND VISIT DUPIXENT.COM OR CALL 1-844-DUPIXENT (1-844-387-4936) —

## INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

## IMPORTANT SAFETY INFORMATION

**Do not use** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:** have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during

pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

**DUPIXENT can cause serious side effects, including:**

**Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

**Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

**The most common side effects in patients with atopic dermatitis include** injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to

the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT.

**Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME  REGENERON

© 2020 Sanofi and Regeneron Pharmaceuticals, Inc.  
All Rights Reserved. DUP.20.05.0070

YOU MAY BE ELIGIBLE FOR COPAY ASSISTANCE\*

\*Limitations apply. Visit DUPIXENT.com for full program terms.

# **Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only**

## **(DU-pix'-ent)**

### **injection, for subcutaneous use**

#### **What is DUPIXENT?**

- DUPIXENT is a prescription medicine used:
  - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

#### **Who should not use DUPIXENT?**

**Do not use DUPIXENT** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

#### **What should I tell my healthcare provider before using DUPIXENT?**

##### **Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

##### **Especially tell your healthcare provider if you:**

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

**Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

#### **How should I use DUPIXENT?**

- See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

#### **• If your dose schedule is every other week and you miss a dose of DUPIXENT:**

**DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.

#### **• If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:**

**DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.

- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.

- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

#### **What are the possible side effects of DUPIXENT?**

##### **DUPIXENT can cause serious side effects, including:**

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

**The most common side effects of DUPIXENT in patients with atopic dermatitis include:** injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

#### **General information about the safe and effective use of DUPIXENT.**

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to [www.DUPIXENT.com](http://www.DUPIXENT.com) or call 1-844-DUPIXENT (1-844-387-4936)

#### **What are the ingredients in DUPIXENT?**

**Active ingredient:** dupilumab

**Inactive ingredients:** L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591  
U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591)  
DUPIXENT® is a registered trademark of Sanofi Biotechnology / ©2020 Regeneron Pharmaceuticals, Inc. / sanofi-aventis U.S. LLC. All rights reserved.

Issue Date: June 2020



[ 2016 ]

## RYAN BENOIT

A backyard DIY project featured in our "I Did It" section has become a booming business for Ryan. His hooks connect clay pots you plant then hang—no easier way to get in on the vertical gardening trend. [skypots.com](http://skypots.com)



For more home improvement, you can now take an online tidying class from **Marie Kondo** (on our cover in 2019). [learn.konmari.com](http://learn.konmari.com)

[ 2014 ]

## BRIDGID COULTER

Along with designing homes for clients (and a barn for creative pursuits on her acreage), Bridgid nurtures Blackbird, a community-building collective she created for women of color and allies. The 400 members promote positive change through events focused on creativity, wellness, productivity, and activism. [bridgidcoulter.com](http://bridgidcoulter.com)

 Another passion project: Cooking legend Jacques Pépin (2016) supports culinary training for people reentering the workforce. His foundation is now in its fifth year.



“I need to do something I've never done before creatively for the project to be successful.”

NEXT UP:  
HER  
NEW OLD  
HOUSE.  
▼

## emily 2015 henderson

The stylist, author, and blogger is embarking on her biggest design adventure yet: renovating not one but two houses, both over 100 years old (a 1910 farmhouse, right, and an 1865 guesthouse). Follow along and see how this Stylemaker creates her signature fresh, feel-good spaces, like the one above. [stylebyemilyhenderson.com](http://stylebyemilyhenderson.com) ■





## THAT'S A WRAP

Personalize Mother's Day flowers with this super-easy ice-dyed bouquet wrap.

### 1 SET IT UP

Protect your work area with a plastic sheet. Set a wire cooling rack over a plastic or glass basin.

### 2 PREP THE FABRIC

Prewash a plain white cotton bandanna. While it's wet, bunch up the fabric and set it on the rack. Cover it completely with a mound of ice.

### 3 DUST WITH DYE

Sprinkle about a teaspoon of powdered fabric dye (\$3 at crafts stores) over the ice. Let sit until all the ice has melted and saturated the fabric with dye.

### 4 SET THE COLOR

Treat the wet fabric with a dye fixative, or wrap in microwave-safe plastic wrap and heat 2 minutes. Rinse in cool water until the water runs mostly clear. Run the cloth through the wash before wrapping flowers.



**ICE-DYEING** is basically what it sounds like: Ice and powdered dye melt together into fabric, creating marbled effects. This project doesn't require much dye, so you'll have plenty left to upgrade cotton pillowcases, napkins, T-shirts, or tea towels. ■



## PLAYTIME TURNING YOUR KIDDO INTO AN ALLERGY MONSTER?

Children's BENADRYL® Allergy works when you need it most.

SUGAR FREE  
HIGH FRUCTOSE  
CORN SYRUP FREE  
ALCOHOL FREE  
PARABEN FREE  
DYE-FREE LIQUID



Use only as directed.



Treats hidden in this puzzle keep Fido mentally engaged and entertained.

**Tornado Puzzle, \$20;** [chewy.com](http://chewy.com)



#### PET PROJECTS

## PLAY TIME

I teach. Many of the puzzles can be adjusted, so you can make them more difficult as your dog figures them out. No bored dogs! An entertained pup is too busy to find other types of fun (like chewing shoes, shredding pillows, or digging holes).

—MARI DURYEE, copy chief

"I always recommend Nina Ottosson puzzles for dog enrichment to the training classes



## CAT AND MOUSE

"I'd love these hand-knit wool and felt toys even if I didn't have a cat. They remind me of a crazy quilt. Skitter, my cat, is especially fond of the organic catnip inside."

—JESSICA THOMAS, style director



## Cat Cave

"My cat lives in this bed. I appreciate that it's ethically sourced and gives him a place to escape the dogs."

—JENNIFER MADARA, creative director

**\$59;** [catcavebeds.com](http://catcavebeds.com) (Take 10% off with code BHG10.)



#### MODERN PUP

Choose the breed, print style (color forms, left, or gestural line drawings), colors, and size.

You can also add text. Printed on fine art paper. **\$68** for 11"×17"; [animalist.art](http://animalist.art)



#### CHARACTER STUDY

Upload a photo and pick a costume. Designers turn your pet into a film character, Renaissance royalty, athlete, or politician. **\$60** for 8"×10" canvas; [crownandpaw.com](http://crownandpaw.com)



## Food Storage

"Store bulky pet food bags in a step-open trash can. It's easy to access and frees valuable pantry space."

—DIANA DICKINSON, features editor

**BH&G Collection® 10.5G Stainless Steel, \$55;** [walmart.com/BHG](http://walmart.com/BHG)



#### SPOT ON

A team of digital artists brings a photo of your pet to life on paper. Available in three sizes with multiple options for background colors and frames. From \$40 for 8"×10"; [westandwillow.com](http://westandwillow.com) ■



#### Wooly Mice

**Cat Toys, \$17 each;** [cattitude](http://cattitude.com) [cattoy.etsy.com](http://cattoy.etsy.com)

# HECKIN' GÜD

/ hek-in good /  
adj.

Used to describe that which is extremely desirable or enjoyable.  
As in, "The hooman thinks New Fresh Step with Febreze Freshness  
and Gain Scent smells HECKIN' GÜD."



FEBREZE 10-DAY ODOR CONTROL  
FRESH STEP *We Speak Cat*



# beauty

EDITOR'S PICKS

## BOLD LIPS THAT LAST

Want a bright new shade for spring that stays on your lips and off your face mask?

The newest liquid lipsticks and lip stains deliver rich color minus any super-dry finish. Daniel Martin, celebrity makeup artist and

Tatcha skincare ambassador, always preps his clients for a long-wear formula with a lip balm or mask. Next, he has them remove most of the balm with a blotting paper *then* swipe on the color. "Your lips will feel comfortable without affecting the color's staying power," Martin says. Try: **Tatcha Blotting Papers**, \$12; [tatcha.com](http://tatcha.com). ■

**COVERGIRL OUTLAST ALL DAY LIP COLOR**  
with moisturizing topcoat, New Neutrals in Muted Berry, \$8; [target.com](http://target.com)

“Before you mask up, pat a tissue or blotting paper over your lips to prevent color transfer.”

DANIEL MARTIN,  
*celebrity makeup artist*

**REVLON COLORSTAY SATIN INK**  
Own It, \$11; [revlon.com](http://revlon.com)

**MAYBELLINE NEW YORK SUPERSTAY MATTE INK LIQUID LIPSTICK**  
Individualist, \$9; [ulta.com](http://ulta.com)

**THE LIP BAR LIQUID MATTE**  
Bawse Lady, \$13; [thelipbar.com](http://thelipbar.com)

**FLOWER BEAUTY BITTEN LIP STAIN**  
Sass, \$10; [cvs.com](http://cvs.com)

PHOTO CARSON DOWNING

new



Learn more

## New Dove Care & Protect Antibacterial and moisturizing body wash

Eliminates 99% of bacteria in seconds\*. Moisturizes for hours.  
Zero compromise.

\*in a 20 second clinical wash test vs *E.coli*



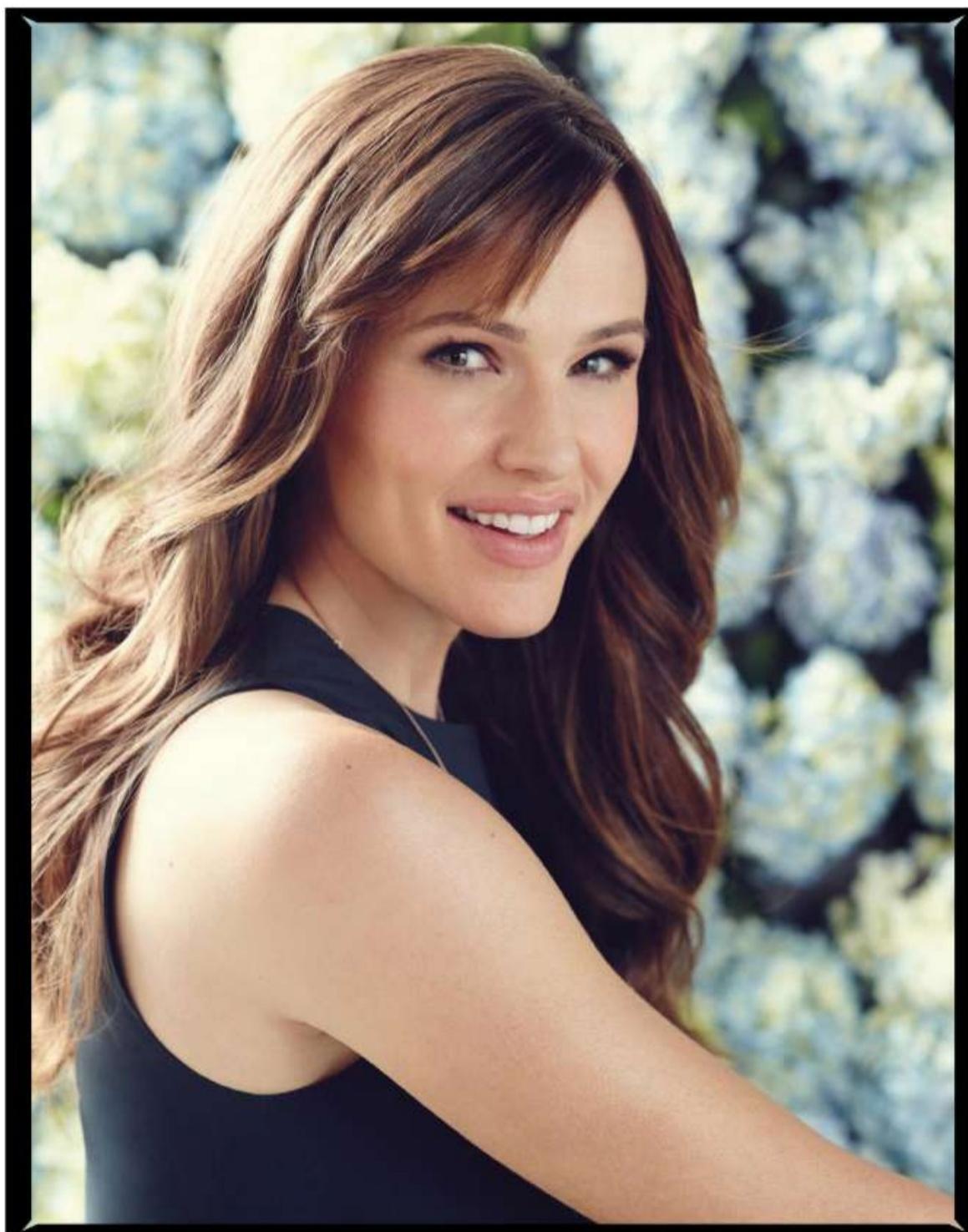
Protects skin  
from dryness



role model

# JENNIFER GARNER

We caught up with the actress, entrepreneur, and Neutrogena brand ambassador via video chat about her new normal routine. And, yes, she's as endearing as you imagine.



## ZOOM LOOK

### BRIGHT SKIN

Jennifer credits her glow to a multistep home skincare routine. "People keep asking me over Zoom, 'Have you done anything different to your skin over quarantine?' I'm like, nope, I'm just cleansing and moisturizing, and I never leave the house without SPF," she says. "At night I always

take my makeup off with a wipe before I wash my face. Then I put on some moisturizer—usually something with a few more scientific things in it like retinol—and always an eye cream."

### OFF-DUTY MAKEUP

"My cheeks and chin get a bit red sometimes, so I mix a teeny bit of concealer with my moisturizer." Her

maybes: blush and lip color. "I love lip stains in bright colors or a natural color lip gloss," she says.

### HAIR DOS

"Nothing beats your hair at its healthiest. I live for Virtue Full Shampoo and Conditioner—with a good couple of pumps of their Healing Oil to make it shine," says Jennifer, who stars in brand-sponsored videos. Another tool in her kit: "a Sheila Stotts brush for tangly hair is a game changer. Period."

### STRESS RELIEF

### QUIET TIME

"I'm an early riser, and now sometimes I force myself to get up *really* early, bake something, sit with coffee, and chill out before the kids wake up. It's a nice way to start the day off and de-stress."

### DAILY SWEAT

"I try to work out every day just for sanity, even if I tell myself I'm going to do 30 minutes and maybe sometimes I really only do 10. The Limit cardio dance workout is my favorite right now." ■



“Just apply to your pout and use your finger to smoosh over the whole lip.”

Chanel Rouge Allure Ink in Luxuriant, \$40; [chanel.com](http://chanel.com)



Virtue Healing Oil, \$42; [virtuelabs.com](http://virtuelabs.com)



Sheila Stotts Removal Brush, \$36; [sheilastotts.com](http://sheilastotts.com)



Sheila Stotts Removal Brush, \$36; [sheilastotts.com](http://sheilastotts.com)



VIRTUE<sup>®</sup>  
Real science. True beauty.  
ALPHA KERATIN 6G<sup>®</sup>  
HEALING OIL  
HUILE REPARATRICE  
Protects | Shines | Mends  
Protège | Fait Briller | Répare  
50 mL 1.7 FL OZ

“This retinol is gentle enough to use every night without making your skin red.”



Neutrogena Rapid Wrinkle Repair Retinol Oil, \$32; [target.com](http://target.com)



take the  
**2 WEEK  
CHALLENGE**

Sign up today at  
[Metamucil.com](http://Metamucil.com)



# METAMUCIL MULTI-HEALTH SUPER FIBER

## — HELPS SUPPORT —



Heart Health  
by Lowering  
Cholesterol<sup>†</sup>



Healthy  
Blood Sugar  
Levels\*



Appetite  
Control\*



Digestive  
Health\*

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

<sup>†</sup>DIETS LOW IN SATURATED FAT AND CHOLESTEROL THAT INCLUDE 7 GRAMS OF SOLUBLE FIBER PER DAY FROM PSYLLIUM HUSK, AS IN METAMUCIL, MAY REDUCE THE RISK OF HEART DISEASE BY LOWERING CHOLESTEROL. ONE SERVING OF METAMUCIL HAS 2.4 GRAMS OF THIS SOLUBLE FIBER.

# home

A vibrant family room interior. The walls are painted a rich cobalt blue. Large windows on the left are dressed with curtains featuring a bold, multi-colored chevron pattern in shades of blue, yellow, and teal. In the center, a round wooden dining table with four matching yellow Eames-style chairs is positioned. The floor is covered by a large, textured rug in shades of teal and blue. To the right, a white sideboard against the wall holds a green lamp, a blue vase, and a white sculpture. Above the sideboard hangs a large, modern chandelier with numerous clear and gold cylindrical glass tubes. A colorful abstract painting is mounted on the wall above the sideboard. On the far left, a bright orange leather sofa with a geometric patterned pillow sits. The overall aesthetic is a blend of mid-century modern and contemporary styles.

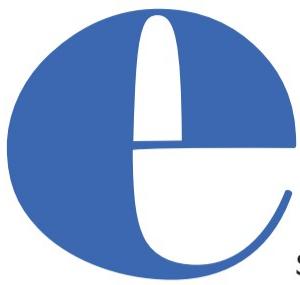
COLOR  
**STAR POWER**

Interior designer Corey Damen Jenkins wants you to think of choosing colors as if you're casting a movie: You need to pick a star and supporting players. In this family room, peacock feathers inspired the palette, with vibrant blue walls getting the spotlight. "Cobalt blue drives the space and electrifies it," he says. Teal, green, tan, and a shot of yellow for contrast complete the ensemble.



~ CATS. SMART ENOUGH TO BE WORSHIPPED. ~  
NOT SMART ENOUGH TO CLEAN THEIR OWN TEETH.





nergizing a room with color takes courage: It can feel safer sticking to neutrals.

Boost your confidence by considering Jenkins' trusted sources for statement color schemes. "History, nature, and fashion are great litmus tests for how to use color," he says. For example, if you've decided green walls will get top billing, a historical color—most paint companies curate a batch—comes with the assurance that it's time-tested. Nature is also rife with dependable colors. "If you like a color combination in nature, chances are you'll like it in your room," he says. And your favorite patterned shirt? It's a safe bet those colors will harmonize in a room too.



## 10th Anniversary STYLE MAKER

.....  
Staying busy keeps creativity afloat for Corey Damen Jenkins.

His top motivators:

### PRIZED TOOL

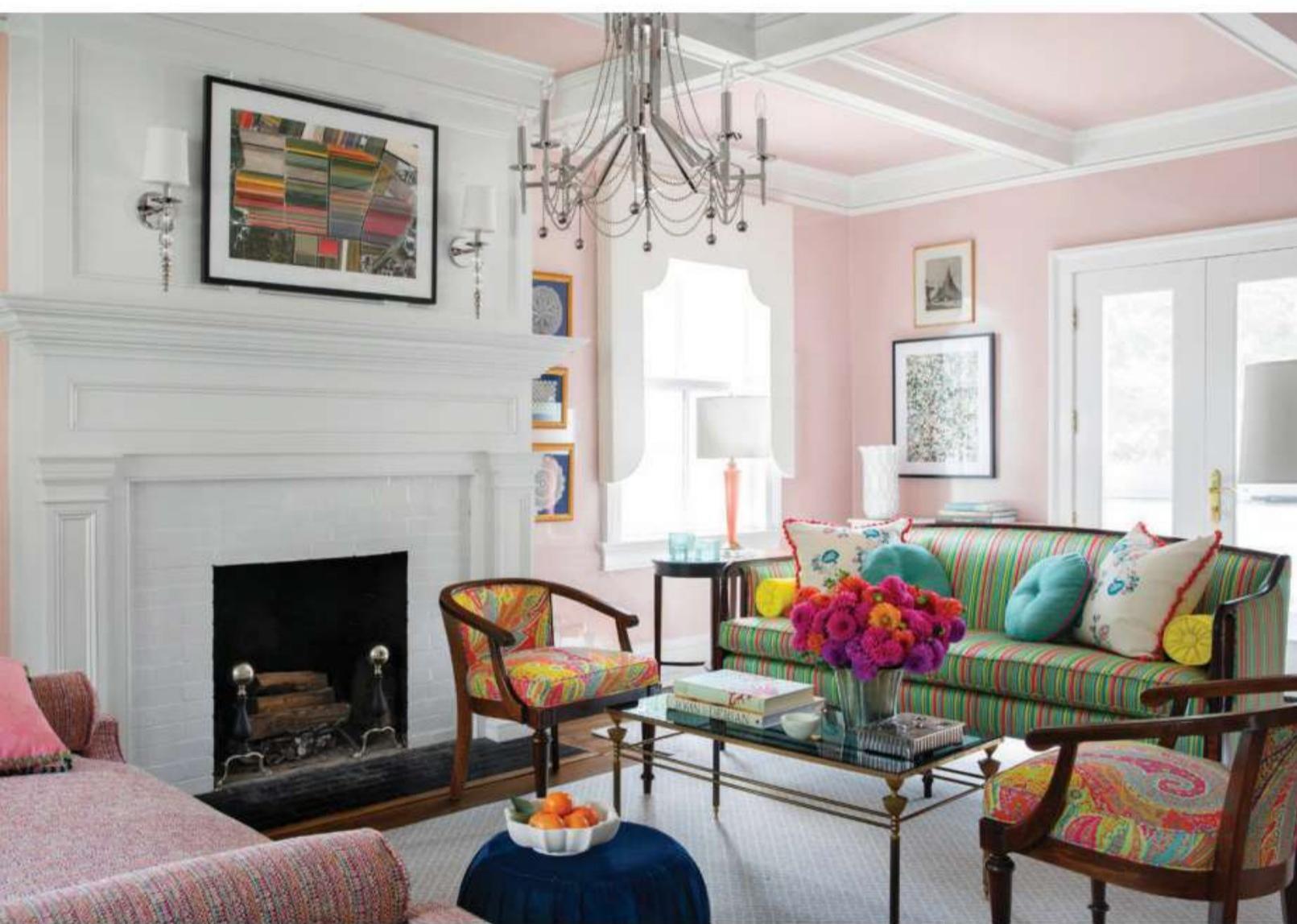
"Sketching pencils. I doodle a lot. Drawing 3-D renderings and motifs for new collections by hand has produced many *et voilà!* moments."

### ENERGIZER

"A fantastic 1990s R&B/pop playlist bouncing off the walls while I work."

### DESIGN MUSE

"I spend hours meandering around the NYC Flower District looking at flowers for unusual color combinations. Ranunculus and dahlias are favorites."



### ▲ USE PATTERN

Jenkins referenced the bold blue wall color in disparate patterns in the family room. The patterns coexist happily thanks to a visual hierarchy: The largest one fills the most space; as the others shrink in size and scale, they fill less space.

### ◀ TIE A THREAD

Raspberry accents in the pillows and upholstery tie the statement pink walls and ceiling to the candy colors pulled from a dress fabric.

## CASTING COLOR

Accent colors can support your vision or steal the show. The key, Jenkins says, is to balance rather than compete. Look at how he married multiple colors in the rooms above.



### BUILD A BRIDGE

Cobalt blue walls, top and previous page, pair well with vibrant yellow because they're both primary colors. Softer tones of each smooth transitions.

#### CLOCKWISE

- Beacon Blue P510-7
- Butter Rum PPU4-03
- Saffron Strands PPU6-02 ■ Buzz-In P300-6 ■ Bella Vista P470-6 (Behr)



### DIVVY UP

Small doses of turquoise, sunshine yellow, and raspberry punctuate an expanse of equally vibrant bubblegum pink, above.

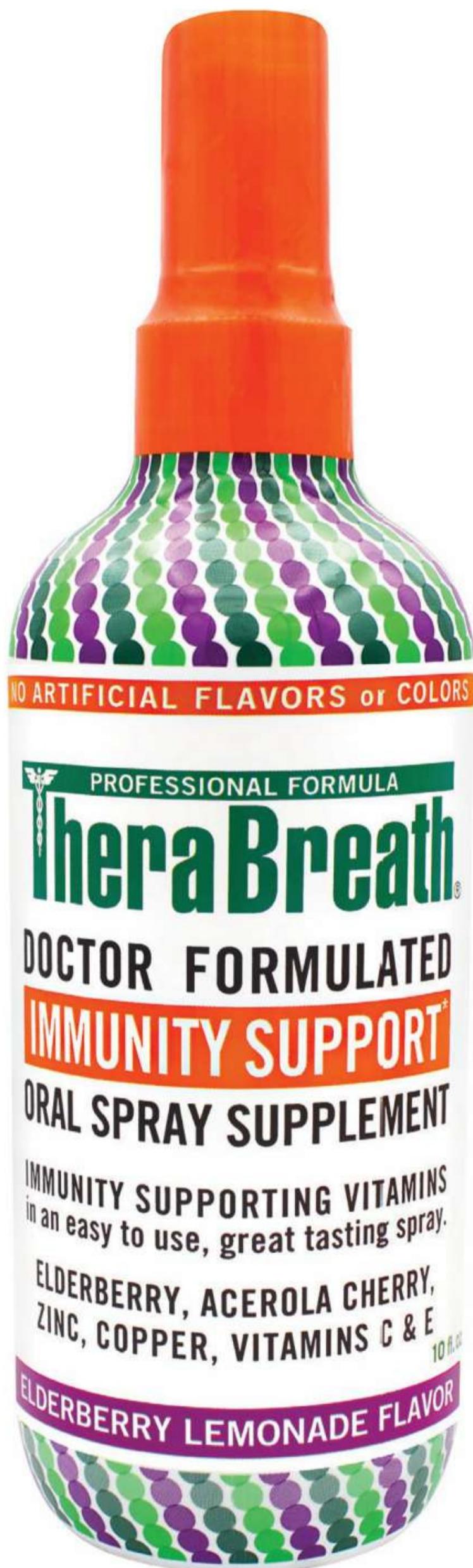
#### CLOCKWISE

- Cat's Meow 1332
- Feel the Energy 417
- Fuchsine 1343
- No-Nonsense 361
- How Blue Am I? 752 (Benjamin Moore)



Give your immune system the extra support it needs.

# IMMUNITY SUPPORT SPRAY



This is the new **Immunity Support Oral Spray** from **TheraBreath**. This unique spray delivers an instant blast of vitamins and immunity supporting antioxidants\*\* to your mouth and throat, where airborne germs can enter.

Spray and swallow throughout the day to help support your immune system.

Our Doctor formulated blend of organic **Elderberry and Acerola** is fortified with **Zinc, Copper, Vitamins and Antioxidants\*\*** - supplements clinically demonstrated to support immune system function.

# TheraBreath

Walgreens

CVS  
pharmacy

Walmart

H-E-B

Available at  
amazon

HARMON  
DISCOUNT HEALTH & BEAUTY

Big Y

## SAVE \$1.00 ANY THERABREATH ITEM

FRESH BREATH • DRY MOUTH • ANTI-CAVITY • HEALTHY GUMS • HEALTHY SMILE



MANUFACTURER'S COUPON: EXP 08/31/2021

RETAILER: We will reimburse you the face value of this coupon plus 8¢ handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchases of sufficient stock to cover presented coupons must be shown on request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Consumer must pay any sales tax. Cash value 1/20c. Reproduction of this coupon is expressly prohibited. Mail to Dr. Harold Katz LLC, CMS Dept #97029, One Fawcett Drive, Del Rio, TX 78840. Limit one coupon per item purchased.

COUPONS VALID IN STORES ONLY - NOT VALID ONLINE

0697029-400330



\*These statements have not been evaluated by the Food and Drug Administration. \*\*Antioxidants include Vitamin C, E, and Zinc. This product is not intended to diagnose, treat, cure, or prevent any disease. Please read and follow usage directions.

## BALANCING ACT

Jenkins sometimes gives color costars equal billing, like the blue and orangey spice tones in this family room. Follow his lead and commit to a combo throughout a room.



### 1 ARTWORK

Framed children's art takes pride of place in this family room and inspired the blocks of cool and warm colors.

### 2 WALLS

Golden tan (Applesauce Cake by PPG) establishes a cozy backdrop and echoes the gold picture frames.

### 3 CEILING

Because it evokes the sky, light blue is a trusted ceiling color. Jenkins guaranteed a hit by choosing a color from a historical collection

(Buxton Blue by Benjamin Moore).

### 4 SOFA

Blue spans the spectrum, from light on the ceiling to dark on the sofa. "When there's variation in tones, it looks more curated," Jenkins says.

### 5 THROW

"The best design is usually a medley of solid color blocks and layers of texture and pattern," Jenkins layered this suzani over the sofa for its vivid embroidery

in colors from the artwork on the wall behind it.

### 6 ARMCHAIRS

Tangerine upholstery channels the vibrancy of the artwork and throw without replicating the colors exactly.

"Not everything has to match. These colors are close to each other, but there's a range so it all flows together. It can be perfectly imperfect," Jenkins says.

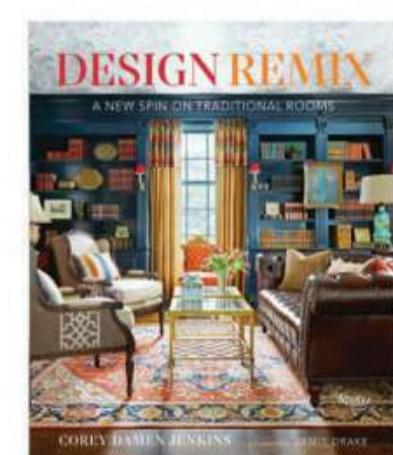
### 7 TABLE LAMP & CURTAINS

"Committing to color means splashing it on

pieces throughout the room," he says. Rather than defaulting to white as a neutral for accents, he carried light blue onto the table lamp and drapery.

### 8 RUG & OTTOMAN

Large-scale plaid upholstery and a small-scale pattern rug unite the palette. "Patterns that summarize the majority of colors in a room are the ties that bind and anchor a space," Jenkins says. ■

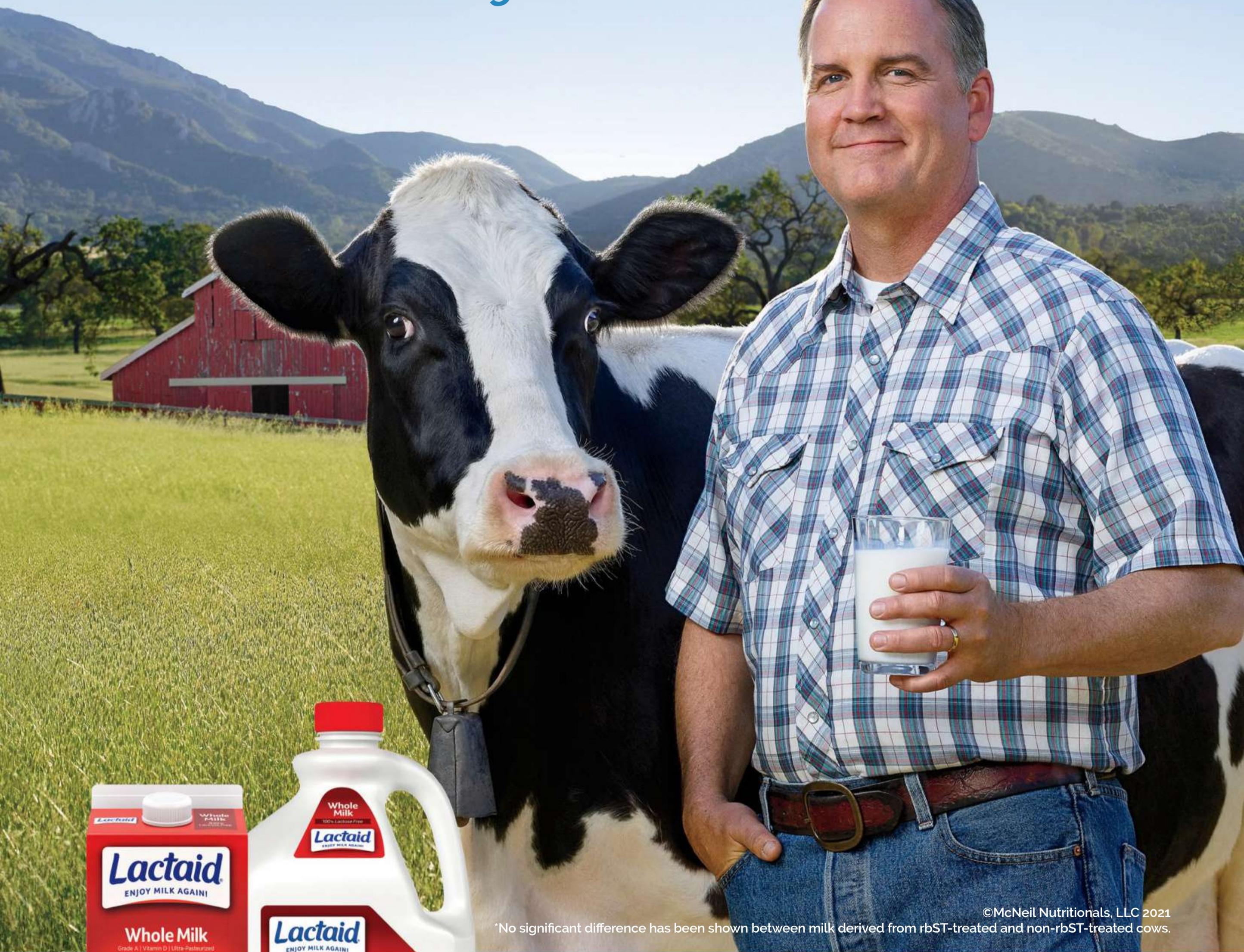


### Must-Read

In his first book, *Design Remix: A New Spin on Traditional Rooms*, Jenkins reveals his tips for using bold color, creating powerful pattern play, and adding drama: "The book teaches the building blocks of design." \$45; [rizzolibookstore.com](http://rizzolibookstore.com)

# TRY TELLING OUR FARMERS IT ISN'T REAL MILK.

*Real milk with no lactose.  
No artificial growth hormones.\*  
That's our Farmer's Pledge.*



©McNeil Nutritionals, LLC 2021

\*No significant difference has been shown between milk derived from rbST-treated and non-rbST-treated cows.



**Lactaid.**  
**100% real milk, no lactose.**

# supergraphics

Racheal Jackson has made a name for herself painting retro-cool murals across the country. Step into her Technicolor world and take notes. She'll give you the confidence to tackle your own statement-making wall treatment.

## SHAPE STUDY

Racheal's bright Vancouver, WA, home is full of happy murals like this one in her dining room.



## [MEET]

### RACHEAL JACKSON



She's got a personality that's as colorful as the bright, fearless murals she's Instafamous for. (Find her @banyanbridges.) But the story of how she started painting them began with a decidedly less colorful choice. "I wanted to be a mature adult, and mature adults have gray walls," Racheal says. "Then I realized they didn't reflect me or my family at all." Wanting the effect of a bold wallpaper but quickly realizing it was over budget, she went to the hardware store and left with \$25 of sample paint pots. Those samples brightened her walls and launched a career.

## Dip your toe in

"I recommend starting small," Racheal says. "You're going to learn a lot as you go." Plan a mural in a spot behind or above a dresser or shelf, a corner or small hallway, or any other minor area you want a jolt of pattern or color. "That way, if you mess up, so what? It's a lot easier painting over 10 square feet than 100."

# High blood pressure + joint pain?

TYLENOL® won't raise blood pressure the way that Advil®, Aleve®, or Motrin® sometimes can.

#1 Doctor Recommended OTC\* Pain Relief Brand for those with high blood pressure.

Talk to your doctor if you have any questions.



1 ALL THIRD-PARTY TRADEMARKS USED HEREIN ARE REGISTERED TRADEMARKS OF THEIR RESPECTIVE OWNERS.  
\*OVER-THE-COUNTER.  
©Johnson & Johnson Consumer Inc. 2021

Racheal uses baby wipes to quickly erase a whoops, then she goes right back in with a brush to clean the edge.



#### FALL FOR FLAT

Use matte or flat paint to avoid shine that might distract from the final colors and effect.

## DESIGN A MURAL

### ■ GEOMETRY 101

"You can re-create about 90 percent of my murals with circles and lines," Racheal says. "I often

start a design by making a bunch of squares and circles in Adobe Illustrator and rearranging them in different ways, adding curves and more shapes until it starts to build itself."

### ■ PAPER PLAY

If computers aren't your jam, cut a bunch of paper paint chip samples into circles, squares, and strips, then arrange them until you come up with a design. Racheal says

it's "almost like building a mural out of paper."

### ■ SMARTPHONE

Snap a picture of a blank wall with your phone; use the photo markup tool to digitally draw a design on the picture.

## Choose a paint palette

1

### COLOR MATCH

Racheal suggests pulling a combination of colors from a favorite fabric, piece of art, or anything that has a palette that makes you happy. This is a great place to start if you're new to murals because you can easily see how the colors work together.

2

### PAINT CHIPS

Another idea: Consult the wall of paint chips at your local paint or hardware store. "Start with a color you're drawn to," Racheal says. "For my living room mural (left), I knew I like reds and oranges, so I started there." Keep pulling chips you like and arrange them until you find a good balance.

3

### PRESELECTED PALETTES

If you're feeling overwhelmed, stick to one of the online palettes preselected by paint companies. Tip: Take screenshots of colors you like and lay them out on your computer screen to find an order that works.



# THE POWER TO REDUCE ALLERGENS IN CAT HAIR & DANDER



**Shown to reduce the major allergen** by an average of 47%, starting in the third week of daily feeding

47%



**Breakthrough nutrition** discovered through over a decade of research



**The key ingredient** is a specific protein from eggs



Your Pet, Our Passion.<sup>®</sup>

Exclusively at Pet Specialty and Online Retailers

Learn more at [ProPlan.com/LiveClear](http://ProPlan.com/LiveClear)

Purina trademarks are owned by Société des Produits Nestlé S.A. Any other marks are property of their respective owners.



Racheal painted the door hardware as well as the trim and baseboards to maximize the impact of the entry's color block mural.

## ROUNDABOUT

For curved lines and arcs, create a large compass with a thumbtack, string, and pencil.

## Racheal's handy paint tips

### TOOLBOX

Her most-used brushes and tools:

- 2" angled sash brush
- Nylon detail brushes in assorted sizes
- 4" roller
- 4' level
- Painters tape
- Pencils (She's loyal to Ticonderogas.)

### STRAIGHT LINES AND STRIPES

Use a ruler, level, and pencil to get equally spaced and straight lines. If using painters tape (versus painting freehand), Racheal suggests first painting over the tape edge with the wall color. Once that coat is dry, it seals the edge so the new color can't seep under the tape.

### CIRCLES AND CURVES

After you've drawn the curves with a DIY compass (tip, above), you need a steady hand and clean, soft brushes to get a crisp line. Racheal paints the outlines with a 2-inch angled sash brush and detail brushes then fills the design using a roller.

“Our homes and clothes shouldn’t all look the same, because we’re not all the same. We’re too cool and interesting for that. Let your freak flag fly, even if it’s in gray scale.”

# This quiet moment is brought to you by nature. Also by FASENRA.



FASENRA helps prevent asthma attacks, improve breathing, and lower daily use of oral steroids.\* It's only 1 maintenance dose every 8 weeks<sup>†</sup> and has a convenient pen option.

Talk to your doctor or visit **FASENRA.com**. Think of this moment as a quiet victory.

**FASENRA is an add-on treatment for people 12 and older with severe eosinophilic asthma. It's not a rescue medication or for other eosinophilic conditions.**

\*Results may vary.

<sup>†</sup>The first 3 doses are given on day 1, week 4, and week 8.

## IMPORTANT SAFETY INFORMATION

**Do not use FASENRA** if you are allergic to benralizumab or any of the ingredients in FASENRA.

Do not use to treat sudden breathing problems.

**FASENRA may cause serious side effects, including:**

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

**Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:**

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting [www.mothertobaby.org/fasenra](http://www.mothertobaby.org/fasenra).

- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

**Do not** stop taking your other asthma medicines unless instructed to do so by your healthcare provider.

**The most common side effects of FASENRA include:** headache and sore throat. These are not all the possible side effects of FASENRA.

## APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.

**Please see Brief Summary of full Prescribing Information on following page.**

FASENRA is a registered trademark of the AstraZeneca group of companies. ©2021 AstraZeneca. All rights reserved. US-49836 3/21

# IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

## What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

- FASENRA is not used to treat other problems caused by eosinophils.
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

**Do not use FASENRA** if you are allergic to benralizumab or any of the ingredients in FASENRA.

## Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting [www.mothertobaby.org/fasenra](http://www.mothertobaby.org/fasenra).
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will use FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

**Do not** stop taking your other asthma medicines unless your healthcare provider tells you to.

## How will I use FASENRA?

- FASENRA is injected under your skin (subcutaneously) one time every 4 weeks for the first 3 doses, and then every 8 weeks.
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose prefilled syringe.

- If your healthcare provider decides that you or a caregiver can give the injection of FASENRA, you or your caregiver should receive training on the right way to prepare and give the injection using the FASENRA PEN. **Do not** try to inject FASENRA until you have been shown the right way by your healthcare provider. **See the detailed "Instructions for Use" that comes with FASENRA PEN for information on how to prepare and inject FASENRA.**

- If you miss a dose of FASENRA, call your healthcare provider.

## What are the possible side effects of FASENRA?

### FASENRA may cause serious side effects, including:

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

### The most common side effects of FASENRA include headache and sore throat.

These are not all the possible side effects of FASENRA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

## How should I store FASENRA?

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F (20°C to 25°C) **for up to 14 days**.
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to protect it from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- **Keep FASENRA and all medicines out of the reach of children.**

## What are the ingredients in FASENRA?

**Active ingredient:** benralizumab

**Inactive ingredients:** L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20,  $\alpha,\alpha$ -trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive. Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at [www.fasenra.com](http://www.fasenra.com).

FASENRA is a registered trademark and FASENRA Pen is a trademark of the AstraZeneca group of companies.

© 2019 AstraZeneca LP. All rights reserved.

Manufactured for: AstraZeneca LP, Wilmington, DE 19850

11/19 US-30267

For more information, visit [FASENRA.com](http://FASENRA.com)  
Or call 1-800-236-9933

 **Fasenra**<sup>®</sup>  
(benralizumab) Subcutaneous Injection 30 mg

AstraZeneca 

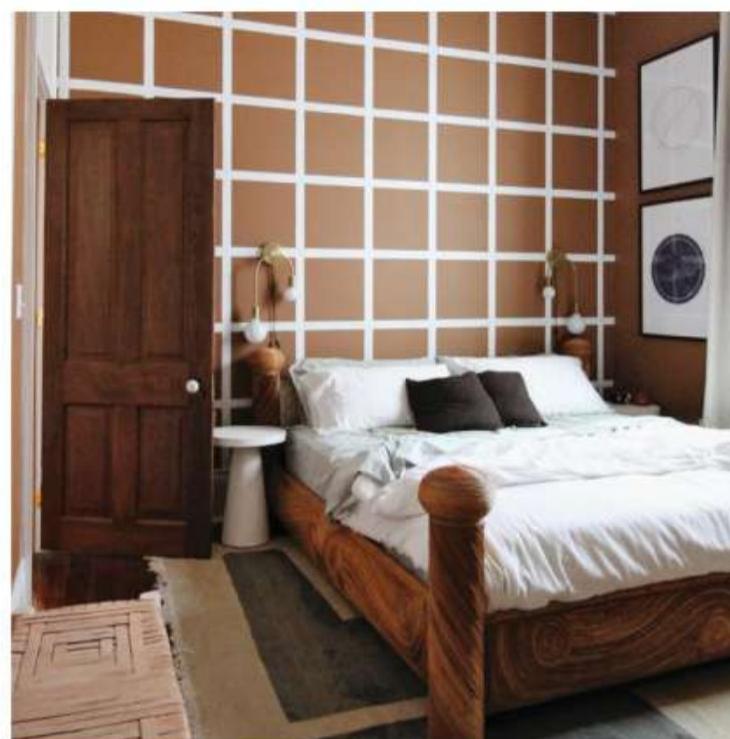
## SCROLL-STOPPERS

Graphic murals come in all sorts of styles and colorways. Get inspired by a few of our favorite creative bloggers and muralists on Instagram.



**@BANYANBRIDGES**

Better than a runner. Racheal painted stripes on the risers instead.



**@LIZ\_KAMARUL**

An overscale (freehand) checkerboard emphasizes Liz's tall NOLA ceiling.



**@KATEPEARCEVINTAGE**

Orange wavelike columns echo the line of Kate's staircase.



**@THISTIMEINCOLOUR**

A saturated plum arch adds instant architecture to Ola Zwolenik's space.



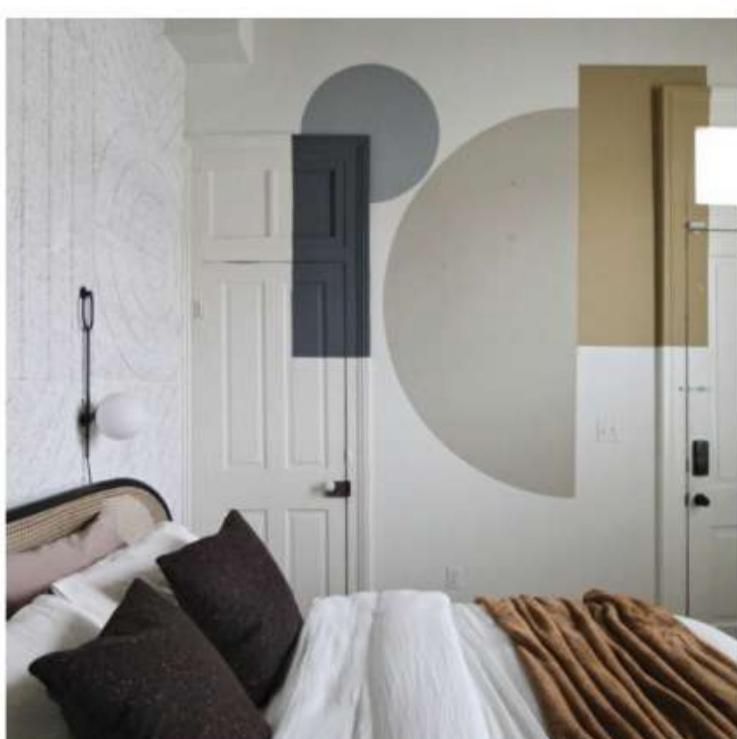
**@BANYANBRIDGES**

The wide stripes of Racheal's "circus" mural evoke nostalgia and playfulness.



**@DWELLWARE**

The '70s-inspired tones touch Amanda Walker's ceiling for extra drama.



**@LIZ\_KAMARUL**

Liz's block-shape mural proves that neutrals can be cool too.



**@ANGELACHRUSCIAKIBLEHM**

The "panels" in Angela's home add a magical sense of depth.



**@ALEXANDRAGATER**

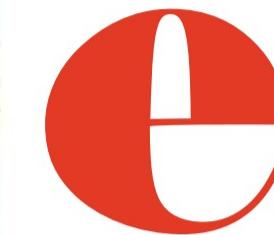
A giant pink circle Alexandra painted punctuates the airy metal-frame bed. ■

# great escape

Inspired by his travels, design-lover and blogger **Dabito** turned his backyard patio into a destination for relaxation.



Practicality takes precedence outdoors. Most pieces are stain-resistant and can be power-washed, like the sofa cushions upholstered in Sunbrella and the Acapulco chairs. He stores small, non-weatherproof items like the Moroccan pillows inside.



Even when Dabito isn't traveling, he can walk outside his Los Angeles home and feel like he has landed in a favorite destination. The founder of the creative studio Old Brand New transformed a once-drab covered patio with pieces from online retailers accented with global finds, creating a spot for relaxing, reading, and hummingbird-viewing.

There are some actual souvenirs: pillows in colorful woven alpaca wool from Cusco, Peru, and embroidered cactus silk from Morocco. Other details are more subtle nods, like the hanging ferns that remind him of New Orleans, where he and his partner live part-time. A warm-cool color mix weaves together the eclectic pieces from his life experiences.

"It's really about incorporating all the ingredients—a lot of color, plants, and texture, some vintage, and personal pieces—to make it fun and festive to remind me I'm home," he says.

**BRUSHING  
LEAVES  
BEHIND  
OVER A  
MILLION  
GERMS.**

**LISTERINE®  
KILLS  
99%  
OF THEM\***

**FINISH  
STRONG**



\*Germs that cause bad breath and early gum disease. Use as directed.  
©Johnson & Johnson Consumer Inc. 2021

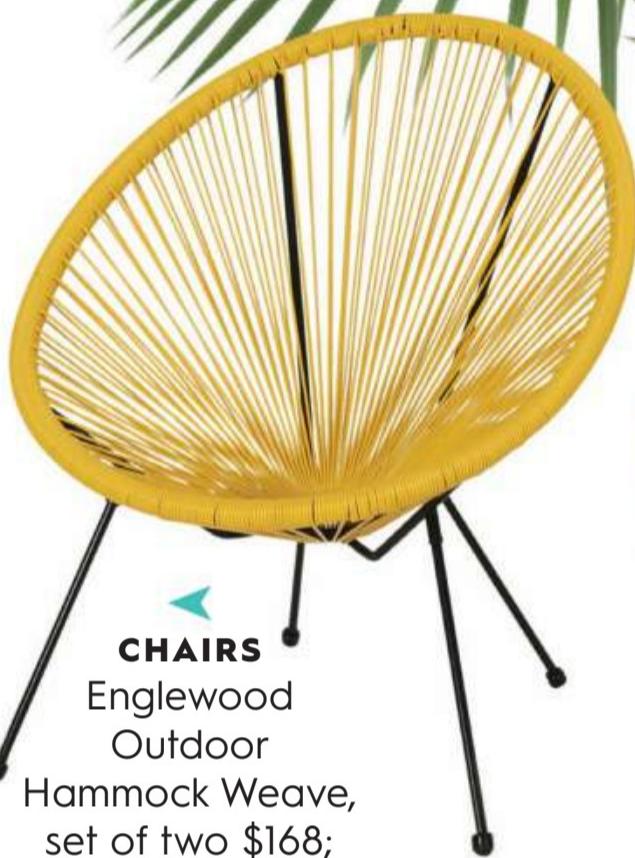
[SHOP THE LOOK]

## COLORFUL BOHEMIAN

Look for sunny colors, teak and rattan furnishings, and nubby, geometric-pattern textiles.



**LOVE SEAT**  
Oana Sectional with acacia frame, \$500; [overstock.com](http://overstock.com)



**CHAIRS**  
Englewood Outdoor Hammock Weave, set of two \$168; [wayfair.com](http://wayfair.com)



**PLANT**  
Majesty Palm, \$20; Lowe's stores  
**PLANTER**  
Better Homes & Gardens Collection® Rapallo Light Blue Planter, \$20; [walmart.com/BHG](http://walmart.com/BHG)



**LANTERN**  
BH&G Collection Round Beige Metal Rattan, \$23; [walmart.com/BHG](http://walmart.com/BHG)



**RUG**  
Avalon Home Mackay Ikat Diamonds Indoor/Outdoor, \$85 (5.25'x7.5'); [hayneedle.com](http://hayneedle.com)



**TABLE**  
Lulu Rattan, \$299; [urbanoutfitters.com](http://urbanoutfitters.com)



**STOOL**  
Cathy Terepocki Ceramic in Green, \$168; [anthropologie.com](http://anthropologie.com)

## 10th Anniversary STYLE MAKER

Dabito on what gets his creative juices flowing.

### WHAT DOES STYLE MEAN TO YOU?

"Style is something that reflects your personality. It's being bold, letting go, being unapologetically yourself."

### WHAT'S IN YOUR CREATIVE TOOLBOX?

"Traveling is my No. 1 muse because I get to see how different places, different designers, different cultures use color. I get a lot of inspiration from fashion as well."

Also, plants and nature never fail to inspire me."

### WHAT DO YOU DO WHEN BLOCKED CREATIVELY?

"I take a nap. I sometimes get inspiration in that space between sleep and being awake. Rest is so underrated and so important."

### WHAT'S YOUR BEST STYLE ADVICE?

"Don't overthink it. Just do it. Have fun with decorating and being you." ■



### HOW TO CLEAN PATIO DECOR

Hover your smartphone camera over this code for strategies to clean wicker, wood, glass, metal, and resin furniture.

# When you muddle through allergies

it throws  
everyone  
off course.



**Stick with the consistent allergy relief of ZYRTEC®**

ZYRTEC® starts working hard at hour one. It works twice as hard when you take it again the next day and stays strong day after day.



Works  
fast\*

and  
stays  
strong

day  
after  
day.

\*Starts working at hour 1. Use only as directed.

©J&JCI 2021

# SAVINGS ALL IN ONE SPOT



You love one-stop shopping because it simplifies your life, and usually saves you money, right? When it comes to insurance, GEICO's your one-stop shop to help you save when you box up coverage for all your needs — like homeowners, motorcycle, boat, RV insurance, and more. Go to [geico.com](http://geico.com) to see how easy it is to get great savings all in one spot with GEICO.

**GEICO**<sup>®</sup>

[geico.com](http://geico.com) | 1-800-947-AUTO | Local Office

Some discounts, coverages, payment plans and features are not available in all states, in all GEICO companies, or in all situations. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. © 2021 GEICO. 21\_6196123I8

# the stay-at-home gardener

Like many people, photographer **Dana Gallagher** has spent the past year growing food—and finding joy—in her own backyard.



**W**hen the pandemic caused New York City to shut down last year, photographer Dana Gallagher became single-mindedly focused on one thing: growing food in her little Brooklyn backyard. “There was nothing going on,” Dana says. “It was me, my daughter, and our garden.”

Dana had been growing vegetables in her raised beds for a couple of years. But she spent her quarantine time coming up with strategies to maximize space, such as an espaliered apple tree (“A Home Depot find,” she delights) and a trellis for training cucumbers upward.

With the help of the local nursery staff she taps for advice, Dana has found success with bumper crops of lettuce, snap peas, and okra. “You don’t need to be an expert to garden,” she says. “You just need to read a label, do the math, and cross your fingers.”

On top of practical benefits (like fewer trips to the grocery store), the garden has become Dana’s sanctuary. “I’m out there poking around at everything in the morning with my coffee and again anytime I take a break from my desk.” Her daughter, Imogen, uses the garden mainly for filming TikTok video, but can also be found plucking snap peas straight from the vines.

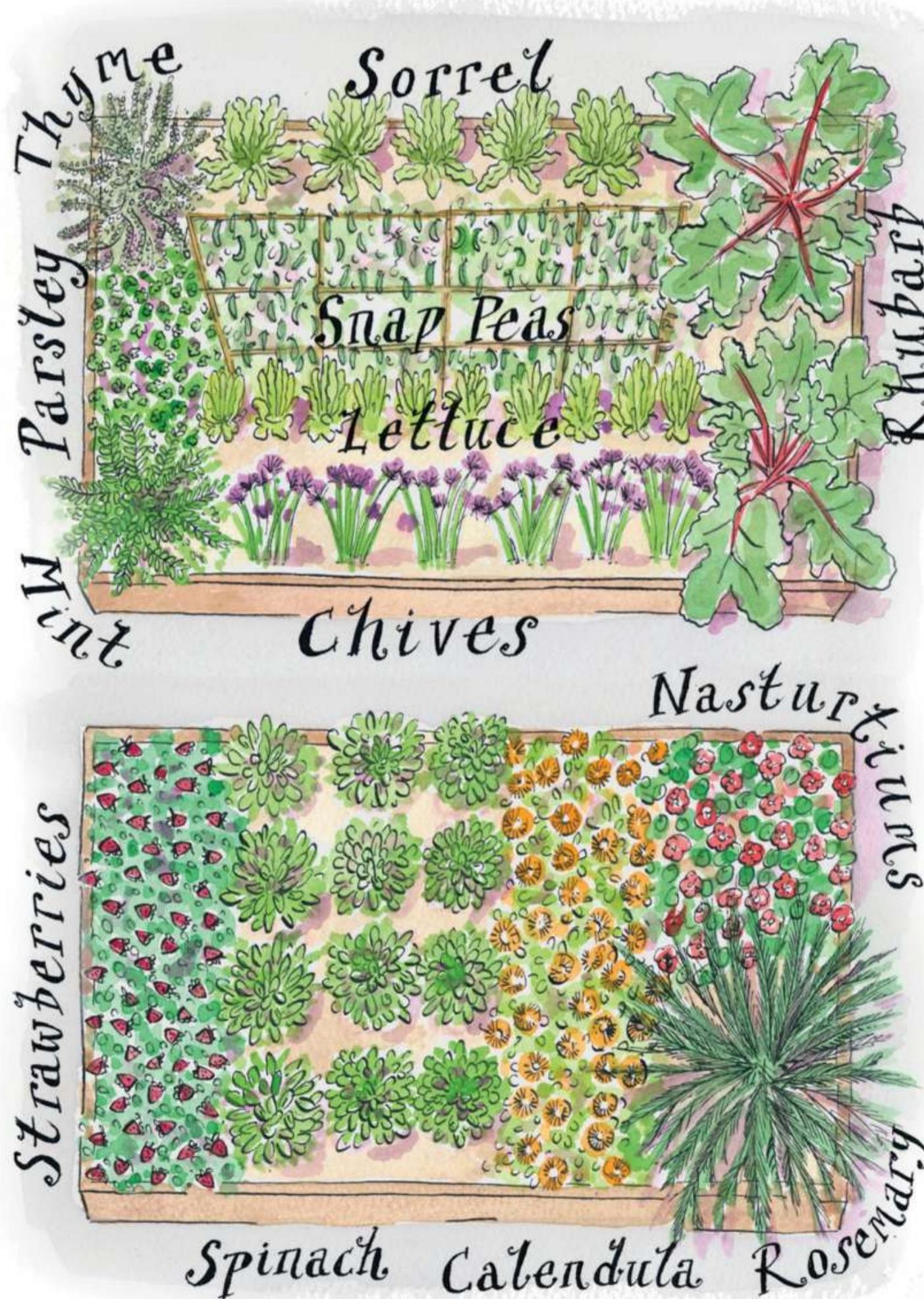
▲ Dana’s patch of heaven is her 40x20-foot backyard, where she grows food and clears her head. Perennials like peonies and rhubarb supply structure; she fills any holes with seasonal annuals.

► To create a small seating area by the beds, Dana moved blue flagstones here from another part of the yard during an earlier renovation project. The lush foliage of rose of Sharon and oakleaf hydrangea frame the seating area.

▼ Edible flowers like calendula color raised beds.



▲ Giant rhubarb leaves, flowering chives, and mint provide perennial edging. Trellised snap peas shade the 'Little Gem' lettuce growing at their base.



## DANA'S TOP 5 EDIBLES

1

### SORREL

This tangy green, which Dana uses in sauces and salads, sometimes keeps going all winter.

2

### SNAP PEAS

Dana and her daughter eat all these fast-growers in time to swap in a warm-season crop.

3

### LETTUCE

Miniature 'Little Gem' lettuce comes up quickly.

4

### NASTURTIUMS

Dana tosses the edible petals of this flower, along with calendula and borage, into salads.

5

### RHUBARB

She likes rhubarb for crumbles, but it's not easy to find at her supermarket.

# IF YOU HAVE **SCHIZOPHRENIA** THERE IS HELP.

**Fanapt®**  
(iloperidone) tablets

VISIT FANAPT.COM  
CALL (833) 7-FANAPT

## Important facts about FANAPT® (iloperidone) tablets

### PURPOSE

Fanapt® is a prescription medication used for the treatment of schizophrenia in adults.

Deciding to look at alternate medications is something your health care provider may do. Your health care provider needs to consider that Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). When taking other drugs that may cause this same change in heart rhythm, you are at a higher risk of a serious, even life-threatening medical issue (torsade de pointes), which may result in sudden death. In many cases, your health care provider may prescribe another medication like Fanapt® first.

Fanapt® needs to be taken as directed starting at a low dose and slowly increasing the strength. This may delay the control of symptoms in the first 1 to 2 weeks of treatment.

### IMPORTANT SAFETY INFORMATION BOXED WARNING:

**Elderly patients with psychosis related to dementia (having lost touch with reality due to memory loss and experiencing a decline in day-to-day functioning) who are treated with antipsychotic medications are at an increased risk of death compared to patients treated with a placebo. Fanapt® is not approved for use in people with dementia-related psychosis.**

Patients should not use Fanapt® if they have a known allergy to Fanapt® or its ingredients. Allergic reactions, including anaphylaxis, rapid swelling of the skin (angioedema), and other symptoms of allergy (e.g., throat tightness; swelling of the throat, face, lips, mouth and tongue; hives; rash; and itching) have been reported.

An increased risk of stroke has been reported in clinical studies of elderly people with dementia-related psychosis. Fanapt® is not approved for use in people with dementia-related psychosis.

Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). Heart rhythm changes have occurred in patients taking Fanapt® and are a risk factor for serious, even life-threatening medical issues. You should tell your health care provider if you have or have had heart problems. Contact your health care provider right away if you feel faint or have unpleasant feelings of irregular or forceful heartbeats as any of these feelings could be a sign of a rare, but serious side effect that could be fatal. You should not use Fanapt® with other drugs that are known to cause these same heart rhythm issues.

Tell your health care provider if you have some or all of the following symptoms: very high fever, rigid muscles, shaking, confusion, sweating or increased

heart rate and blood pressure. These may be signs of a condition called neuroleptic malignant syndrome (NMS), a rare but serious side effect that could be fatal. This may happen with Fanapt® or drugs like it.

Abnormal or uncontrollable movements of the face, tongue, or other parts of the body may be signs of a serious condition called tardive dyskinesia (TD), which could become permanent. The chance of this condition going away decreases, depending on how long and how much medication has been taken. Tell your health care provider if you have body movements you can't control.

Fanapt® and medicines like it have been associated with metabolic changes (high blood sugar, high cholesterol and triglycerides, and weight gain) that can increase cardiovascular/cerebrovascular risks.

Tell your health care provider if you have diabetes or risk factors for diabetes (for example, obesity, family history of diabetes), or if you have unexpected increases in thirst, urination, or hunger. If so, your blood sugar should be monitored. Increases in blood sugar levels (hyperglycemia), which in some cases can be serious and associated with coma or death, have been reported in patients taking Fanapt® and medicines like it.

Changes in cholesterol and triglycerides have been seen in patients taking Fanapt® and medicines like it. Check with your health care provider while on treatment.

Some patients may gain weight while taking Fanapt®. Your health care provider should check your weight regularly.

Tell your health care provider about any medical conditions that you have including problems with your liver. Fanapt® is not recommended for patients with severe liver problems.

Tell your health care provider if you have a history of or have a condition that may increase your risk for seizures before you begin taking Fanapt®.

Light-headedness or faintness caused by a sudden change in heart rate and blood pressure when rising quickly from a sitting or lying position (orthostatic hypotension) has been reported with Fanapt®. This condition is most common when you start therapy, when restarting treatment, or when the dose of Fanapt® is increased. You should consult your health care provider if you have or have had heart problems or conditions that lead to these sudden changes since Fanapt® should be used with caution in these patients.

Fanapt® may increase the risk of falls, which could cause fractures or other injuries.

Decreases in infection-fighting white blood cells (WBCs) have been reported in some patients taking antipsychotic agents. Patients with a preexisting history of low WBC count or who have experienced a low WBC count due to drug therapy should

have their blood tested and monitored during the first few months of therapy. Some (including fatal) cases of agranulocytosis, a serious decrease in specific types of WBCs called neutrophils or granulocytes, have been reported in drugs like Fanapt®.

Fanapt® can increase the level of the hormone prolactin. Tell your health care provider if you experience breast enlargement, breast pain, or breast discharge, abnormal menstrual cycles in females or impotence in males. If elevated levels of prolactin persist, this may lead to bone loss.

Medicines like Fanapt® can impact your body's ability to reduce your body temperature. You should avoid overheating and dehydration.

Fanapt® and medicines like it have been associated with swallowing problems (dysphagia). If you have or have had swallowing problems, you should tell your health care provider.

As with many conditions that affect the way you think or feel, thoughts of suicide may occur. If you get these feelings, seek help immediately from your health care provider, or local emergency room.

For males, in the rare event you have a painful or prolonged erection (priapism), lasting 4 or more hours, stop using Fanapt® and seek immediate medical attention.

Fanapt® and medicines like it can affect your judgment, thinking, or motor skills. You should not drive or operate hazardous machinery, including automobiles, until you know how Fanapt® affects you.

The most common side effects for Fanapt® versus placebo were dizziness, dry mouth, feeling unusually tired or sleepy, stuffy nose, feeling faint/light-headed when standing quickly, racing heartbeat, and weight gain. The average weight gain in clinical studies lasting 4 to 6 weeks was 5 pounds. If you experience any of these symptoms, talk with your health care provider.

When taking Fanapt®, you should avoid drinking alcohol, and you should not breastfeed. You should notify your health care provider if you become pregnant or intend to become pregnant while taking Fanapt®. Tell your health care provider about all prescription and nonprescription medicines, and supplements you are taking. Some medications may interact with Fanapt®.

To access the full Prescribing Information, including BOXED WARNING, visit [www.Fanapt.com](http://www.Fanapt.com).

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Learn more about savings at [www.Fanapt.com](http://www.Fanapt.com).





In one corner, Dana strapped together bamboo poles to support the long raspberry bush canes. In the raised beds, she densely sows seeds of favorite vegetables, like easy-to-grow spinach. "I'm an overplanter," she says.



## 10th Anniversary **STYLE MAKER**

### **WHAT'S YOUR CREATIVE PROCESS?**

"I'm purely visual. When I was working on the garden, I did a Pinterest board that was a broad sweep of imagery of what I liked, even if I wasn't sure it would apply. Then I went back and found little details I could use."

### **WHO IS YOUR MUSE?**

"My daughter and my animals are my favorite subjects to photograph at home."

### **WHAT DO YOU DO WHEN YOU'RE BLOCKED CREATIVELY?**

"Sometimes you have to take a break, walk away, and do something entirely unrelated to the project at hand, like bake cookies or go on a run."

### **WHAT STYLE RULE SHOULD BE BROKEN?**

"I wouldn't know a style rule if it hit me in the face. I just like what I like."



# HOME COMING

starts with a home.

Better Homes and Gardens® Real Estate  
is here to help you find the perfect home  
in which to bring your dreams to life.

**EXPECT BETTER®**

©2021 Better Homes and Gardens Real Estate LLC. All rights reserved. Better Homes and Gardens®, the Better Homes and Gardens Real Estate Logo and Expect Better® are service marks owned by Meredith Corporation and licensed to Better Homes and Gardens Real Estate LLC. Better Homes and Gardens Real Estate LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each franchise is independently owned and operated.

[bhgre.com](http://bhgre.com)

## OLD NUTRO™



## NEW NUTRO™



## NO NUTRO™



Dogs give everything 100% — including their enthusiasm for our new pack. The new clean recipe inside is made with non-GMO ingredients<sup>†</sup> and continues to give dogs the energy to live their best life.



FEED CLEAN™

## home/gardens



▲ Daughter Imogen lends her hand to some light weeding. "Part of my motivation for this garden was to create a space for us to enjoy," Dana says. Their dog, Biscuit, on the other hand, creates challenges. "I'm always reworking something because someone decided to bury a bone somewhere," she says.

► Star-shape okra pods are as pretty on the plant as they are tasty. Dana likes roasting them with a little garam masala. ■





# DOGS GIVE 100%

Recharge your dog with Nutro. Its clean recipe gives dogs the energy to live their best life. FEED CLEAN™

†Trace amounts may be present due to potential cross-contact during manufacturing.



©2021 Mars or Affiliates.

# AFRICAN violets

These sweet, giftable houseplants bloom almost constantly and can live for decades when they're treated right.



Most of the African violets you'll find at nurseries are standard varieties, which reach 8–16 inches wide. Miniatures grow to about 6 inches across.

1

'LOOXO GORGEOUS'

This new hybrid is prized for its dark blue flowers.

2

'MISS CHATTY'

A chimera type, which is known for its distinctive striped flowers.

3

'DELAWARE'

Dark green leaves set off clusters of wine red flowers.

4

'ROMANCE'

A charmer with heart-shape, pink-variegated leaves.

5

'YELLOWSTONE'

White edges the double or triple petals.

6

'YOSEMITE'

Each frilly, triple-petal white flower has a shadowy blue center.

7

'MYSENSATION'

Abundant white flowers trimmed in green last for weeks.

8

'LITTLE SONATA'

Dark, quilted leaves make the only miniature in this bunch stand out.



Forget what you've heard about African violets—that they're hard to grow, finicky, and fragile. Today's more vigorous hybrids are none of those things. And with the right conditions, they'll also flower almost constantly.

#### POTS AND SOIL

The plants grow best in plastic pots, which

don't absorb moisture the way materials like terra-cotta do, so it's best to keep them in their original nursery containers. If you decide to propagate and repot, well-draining soil is essential. Randy McMahill, a blue-ribbon grower in Ankeny, IA, plants violets in a blend of half potting soil and half perlite, which improves drainage and air circulation around roots.

#### LIGHT AND TEMPERATURE

Their preferred temperature is between 65°F and 80°F. Place the plants in bright, indirect light; an east-facing windowsill works well. African violets also flourish under fluorescent lights. They need good air circulation, so don't place them on a shelf crowded with other objects, for example. They should also be protected from drafts.

**African violets**  
grow best in  
plastic pots, which  
can be hidden  
in decorative  
cache-pots.

Remove to water  
in the sink and  
drain well before  
replacing.



#### WATER AND FERTILIZER

Keep the soil slightly moist but not wet. Every time you water include a quarter dose of water-soluble fertilizer. The mixture should be at room temperature.

#### HUMIDITY

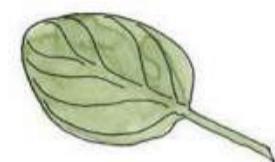
If your plant isn't blooming prolifically, humidity may be the problem. (They prefer humidity between 40 and 70 percent.) To increase it, fill a shallow tray with pea gravel, place plants on the rocks, then regularly add a bit of water to the tray.

#### SOURCES

[lyndonlyon.com](http://lyndonlyon.com),  
[optimara.com](http://optimara.com), and  
[violetbarn.com](http://violetbarn.com)

## MAKING MORE VIOLETS

African violets are easy to propagate, even for amateur gardeners.



**SNIP**

Cut off a leaf at a 45-degree angle, leaving about an inch of stem.



**PLANT**

In a 2-inch plastic pot with drainage holes, plant the leaf in the soil mix recommended at left. Water gently; let drain.



**ENCLOSE**

Place the pot in a resealable plastic bag. Poke a coffee stirrer into soil to support the bag.



**MONITOR**

Check for growth. In 4–6 weeks a little plant (or several) should emerge. Remove the bag.



**SEPARATE**

Gently pulling from the leaf stem, separate the new plant, then repot. ■

## Mother's Day special

Most moms love a homemade gift as much as they appreciate flowers. That's why we created a template for a wrap that's just the right size for the 4-inch nursery pots African violets typically come in. Print the template, then use it to cut a piece of felt (for sturdiness) and fabric. Punch holes in the corners, and glue fabric and felt together. Fold up sides and secure with brads through the holes.

► Hover your smartphone camera over the code for the template and the how-to for making this pot cover.



BREAKFAST  
**ONE SAUCE FITS ALL**

The recipes in chef Vivian Howard's latest cookbook, *This Will Make It Taste Good*, are the kind of kitchen tricks that are deceptively simple and wholly genius. Each chapter centers around what she calls a punchy "flavor hero," and we were sold from the first chapter featuring Vivian's Little Green Dress. Like the little black dress that works for any occasion, this bright, herby sauce is meant to go with almost any meal of the day, starting with these irresistible breakfast sandwiches.



Serve foil packs with additional Little Green Dress (LGD) for a finishing drizzle.



## Gas Station Biscuits

Vivian found the inspiration for these breakfast stackers in a gas station in eastern North Carolina. Sandwich cheese between buttermilk biscuits and bake in foil until the biscuits crisp and the cheese melts into a lacy skirt around the edges.

**RECIPES BEGIN ON PAGE 94.**



Better nutrition.  
Stronger immunity.  
Today, they're more  
important than ever.



**6 TIMES MORE VITAMIN D\***  
**10 TIMES MORE VITAMIN E\***  
**38% MORE LUTEIN\***

\*Compared to ordinary eggs

These times call for the better egg—only Eggland's Best. Providing superior nutrition to help you and your family maintain a strong immune system and support overall health. And, produced with the highest quality standards to ensure that you and your family are getting nothing but the best.



**Better taste. Better nutrition.  
Better eggs.®**

**\* Little Green Dress** This green sauce lands somewhere between chimichurri and Italian salsa verde. The blend of herbs, olives, capers, lemon, and olive oil includes a couple of anchovies for subtle, savory—not fishy—flavor. “I know if you make it just once, you’ll douse, dollop, and slather it on everything,” Vivian says.



[MEET]

## VIVIAN HOWARD

Vivian is the cocreator and star of the PBS shows *Somewhere South* and *A Chef's Life* and the author of two cookbooks. She owns and operates multiple restaurants and lives in Deep Run, NC, with her husband and their twins.

## USE IT ON...

Try these other breakfast ideas featuring LGD.



### JAMMY EGGS & HASH BROWNS DRESSED IN GREEN

Vivian’s go-to jammy eggs technique: Gently drop eggs into rapidly boiling water and cook 6½ minutes. Transfer to an ice bath; let stand 30 seconds.



### LITTLE GREEN BREAKFAST TACOS

Top griddled flour or corn tortillas with scrambled eggs, crumbled queso fresco, hot sauce, and a finishing drizzle of Little Green Dress.



### GREEN-ON-GREEN ON TOAST

Mash Little Green Dress into avocado on toast (or stir into guacamole and serve with tortilla chips or crudité). ■

**REAL HONEY.  
WHOLE-GRAIN OATS.  
A NEW SPIN ON  
KELLOGG'S RAISIN BRAN.<sup>®</sup>**

**NEW KELLOGG'S RAISIN BRAN<sup>®</sup> TOASTED OATS & HONEY**



**Introducing Kellogg's Raisin Bran<sup>®</sup> Toasted Oats & Honey.**  
Get the two scoops and fiber-rich flakes you love, now with toasted whole-grain oats and a touch of real honey.

## fast &amp; fresh

EASY, DELICIOUS  
RECIPES FOR A BETTER  
DINNER TONIGHTSTEAM-IN-BAG  
BABY POTATOES  
one 1-lb. pkg.BACON  
4 slices, cut into  
1-inch piecesSHALLOT  
1, thinly slicedWHOLE GRAIN  
MUSTARD  
1 Tbsp.APPLE CIDER  
VINEGAR  
2 Tbsp.DELI-ROASTED  
CHICKEN  
3 cups, skin  
removed, sliced or  
chopped (12 oz.)BABY KALE  
one 5-oz. bagWARM KALE-  
AND-POTATO  
CHICKEN SALAD  
WITH BACON  
AND MUSTARD

*Buy rotisserie chicken and steam-in-bag baby potatoes to pull together this warm, satisfying salad in less than 30 minutes.*

**START TO FINISH** 25 min.

**1.** Microwave potatoes according to package

directions. Meanwhile, in a large skillet cook bacon over medium until browned and crisp. Transfer to paper towels to drain, reserving drippings in skillet. Cook shallot in bacon drippings on medium-low 3 to 4 minutes.

**2.** Whisk in the mustard, vinegar, and 2 Tbsp. olive oil.

**3.** Quarter potatoes. Add potatoes, chicken, and bacon

to skillet; heat through. Place kale in an extra-large bowl. Add chicken mixture. Toss to slightly wilt the kale. Season with kosher salt and ground black pepper. Serve warm. Serves 4.

**EACH SERVING** 443 cal, 27 g fat (7 g sat fat), 119 mg chol, 838 mg sodium, 21 g carb, 3 g fiber, 2 g sugars, 31 g pro

"SHAKE  
YOUR"  
"FLAVOR  
MAKER,"



Data rates may apply

Get this recipe at [hiddenvalley.com/ranchburger](http://hiddenvalley.com/ranchburger)  
and scan for even more ways  
to shake up weeknight dinners.

NI-52777

**REDUCED-SODIUM SOY SAUCE**

3 Tbsp.

**OYSTER SAUCE**

3 Tbsp.

**TOasted SESAME OIL**

1 Tbsp.



**MEDIUM SHRIMP**

12 oz. fresh or frozen (thawed), peeled and deveined



**GREEN ONIONS**

3, trimmed and cut into 2-inch pieces



**GINGER**

1 Tbsp. minced



**GARLIC CLOVES**

3, sliced



**BABY BOK CHOY**

3, trimmed and sliced (1 lb.)



**RED BELL PEPPER**

$\frac{1}{2}$ , cut into bite-size strips



**PRECOOKED HOKKIE NOODLES**

one 14.2-oz. pkg.

## SESAME-SOY NOODLES WITH SHRIMP

*This riff on the American Chinese takeout favorite lo mein calls for precooked hokkien noodles—look for them in the refrigerated section—or you can use any cooked Chinese egg noodle or long wheat noodle, including spaghetti.*

**START TO FINISH** 25 min.

**1.** In a small bowl whisk together soy sauce, oyster sauce, and sesame oil.

**2.** In a wok or extra-large skillet heat 1 Tbsp. vegetable oil over medium-high. Add shrimp in a single layer and cook 2 minutes or until opaque, turning once. Remove to a plate.

**3.** Add green onions, ginger, and garlic to wok. Cook and stir 30 seconds. Add bok choy and bell pepper; cook and stir 2 minutes.

**4.** Add noodles, shrimp, and soy sauce mixture to wok. Using tongs, toss ingredients until noodles are coated in sauce and heated through. Serve immediately. Serves 4.

**EACH SERVING** 304 cal, 10 g fat (1 g sat fat), 148 mg chol, 814 mg sodium, 33 g carb, 3 g fiber, 3 g sugars, 23 g pro



### QUICK & EASY DINNERS

Simply hover your smartphone camera over this smart code for more weeknight-friendly recipes.

FOR A KICK,  
FINISH  
WITH CRUSHED  
RED PEPPER  
OR SRIRACHA.



**With 75% less fat\*, it's the lightest fried chicken we've ever made.**

[tyson.com](https://tyson.com)

\*Than USDA data for fast foods chicken breaded fried and boneless.

© 2021 Tyson Foods, Inc.



**CORN ON THE COB**  
3 ears



**MEDIUM ONION**  
 $\frac{1}{2}$  cup finely  
chopped



**FRESH THYME**  
2 tsp. snipped



**GARLIC CLOVES**  
2, minced



**LOW-SODIUM  
CHICKEN BROTH**  
5 cups



**BAY LEAF**  
1



**ZUCCHINI**  
2, quartered  
lengthwise  
and sliced  $\frac{1}{4}$  to  
 $\frac{1}{2}$  inch thick or  
coarsely chopped



**ANDOUILLE OR  
CHICKEN SAUSAGE**  
half of a 13.5-oz.  
pkg., sliced or  
coarsely chopped

## ZUCCHINI-CORN SOUP WITH ANDOUILLE

If you can't find fresh corn (or want to make this soup even faster), substitute 1½ cups frozen whole kernel corn (thawed). Prepare as directed, omitting Step 1.

**START TO FINISH**  
35 min.

1. Remove husks and silks from corn; rinse. Cut kernels from corncobs; reserve cobs.
2. In a 4-qt. Dutch oven heat 1 Tbsp. olive oil over medium. Add onion, ¾ tsp. kosher salt, and ½ tsp. freshly ground black pepper; cook about 5 minutes or until onion is tender, stirring occasionally. Stir in thyme and garlic; cook and stir 30 seconds or until garlic is fragrant. Add chicken broth, bay leaf, and, if using, reserved corncobs.
3. Bring mixture to boiling; reduce heat. Simmer, uncovered, 10 minutes. Stir in zucchini, corn kernels, and sausage. Simmer, uncovered, 5 minutes more or just until zucchini is tender. Remove and discard corncobs and bay leaf. If desired, top soup with additional thyme. Serves 4.

**EACH SERVING** 218 cal,  
11 g fat (3 g sat fat), 28 mg  
chol, 880 mg sodium,  
20 g carb, 3 g fiber, 8 g  
sugars, 15 g pro ■





STACK IT. BUILD IT. MIX IT UP.





ADVERTISEMENT

# Discover

## Better Homes & Gardens®



F

G

A

E

walmart.com/bhg

Only at  
**Walmart**

ADVERTISEMENT



A

B

**Discover** ideas to put the garden right at your fingertips



**Better Homes & Gardens.**

A. Dark Cedar Raised Garden Bed with Shelf, \$119.00   B. Wren Galvanized Steel Round Tub, from \$5.94

C. Warm White 15-Count Edison Bulb String Lights, \$19.96

D. Resin Wicker Raised Garden Bed, \$67.00   E. Swirled Scroll Hose Hanger, \$8.86

F. Galvanized Watering Can, \$17.97   G. Three Tier Cedar Raised Bed, \$88.00

H. 1.5 Cu. Ft. Raised Bed Mix, \$8.97

Selections and prices may vary by store and online.

## Discover seating and accessories to enjoy the outdoors



Better Homes & Gardens®

- A. Bergamo Tabletop Torch, \$7.77 each
- B. Toss Pillows, \$14.77 each Shown in Woven Stripe and Black with Coconut Button
- C. White Metal 14" Lantern with LED Candle, \$13.92 each
- D. Ibiza Stripe 9' Premium Umbrella, \$59.67
- E. Marklin Black 16" Planter, \$24.97
- F. Black and White Cabana Stripe 7' x 10' Rug, \$97.00 Online only
- G. Savona 6" Planter, \$6.97 each
- H. Brookbury 5-Piece All-Weather Wicker Set, \$897.00
- I. Black 14" Traditional Lantern with LED Candle, \$13.96

Selections and prices may vary by store and online.

walmart.com/bhg



ADVERTISEMENT



Only at  
**Walmart** 



# editor's CHOICE

Design chameleon Michelle Adams loves a decorating challenge. The serial renovator sees each new home as a chance to take her style in new directions. In her latest endeavor, she breaks the mold of her midcentury house by deftly mixing decor styles and reimagining her favorite pieces within its modern frame.

**balance**  
These oversize pendants don't overwhelm the room because you can see through the open weave.



In the dining area of Michelle Adams' Michigan home, a large plaster console is a minimalist focal point. "It looks almost like a mantel," she says. "When a layout is open concept, large pieces help establish each room as a separate space."



**simplify**  
Mismatched dining  
chairs don't look  
cluttered when there's  
a consistent  
characteristic. White  
ties these together.

"Art is the enduring link in any home I live in," Michelle says. It enlivens the neutral foundation.



# m

oving doesn't faze Michelle Adams. For most of her life, the creative consultant and founder of design website The Maryn moved every year or two, until she left New York for Michigan with the idea of finally putting down roots in an ornate 1800s Victorian. The settling in lasted only five years before she started getting the itch for a new project. "I was craving a design challenge, a newer home with cleaner lines and more open space," she says. "Oh, and something with even floors."

Enter this 1950s one-story in Ann Arbor. There was nothing overly exciting about it, but it had what Michelle describes as good energy and, she adds, "the fact that it wasn't an architectural gem gave me the freedom to make it what I wanted."

As she renovated and decorated the new space, Michelle found her eclectic personal style shifting from a layered maximalism to a more minimalist version, responding to smaller square footage and a change in her own mindset. "I was sort of at this point where I wanted to cut the noise, cut the stuff, and just live in peace with my favorite things, which can be hard when you love design," she says. "But it's a fun challenge to figure out how to use what you've got and display it in a completely different way."

Now, outfitted with a pared down mixture of Scandinavian modern, French antiques, and tons of artwork, the house feels both collected and unfussy, the well-edited oasis she craved. But Michelle's cravings keep evolving, and as it turns out, she's already onto the next move, house, and style direction.

Michelle favors mixing styles so rooms don't look too thematic. "All modern furniture would have felt like a time capsule," she says. She pulls the look together by repeating finishes: crisp white on the modern sofa and traditional tufted chair, blond wood on the Scandinavian coffee table and armchair.

## *save space*

Michelle recessed  
the semicustom  
bookcase from  
California Closets into  
the wall so it doesn't  
take up valuable  
floor space.



 **soften**

A Native American  
saddle blanket  
ups the color and  
comfort of this ladder-  
back armchair.

## display

Michelle studied gallery walls at J.Crew stores to devise this recipe for hanging artwork: Mix photography with a painted portrait, a landscape, and something graphic, like abstract art.



To keep the kitchen from appearing too sleek and sterile, Michelle placed woven-back stools at the counter and included plants, a colorful print, and mirrors. Not only do those decorative touches make it look more lived-in, they break up the white walls, peninsula, and lacquered cabinets.



A group of treasures on the kitchen peninsula reminds Michelle of past travels. The woven skull is from Spain; she found the antique mirror at a Paris flea market.

## copy curves

Chairbacks follow the contours of the midcentury-style kitchen table Michelle scored off Craigslist.



I have a creative connection with my dear friend and mentor Olga Naiman. She taught me to always create a stylistic tension between items, like pairing a streamlined modern lamp with a curvaceous antique table.

MICHELLE ADAMS

A nod to the more-is-more style of her previous home, Michelle hung a gallery wall by starting with the largest artwork then surrounding it with the others. The colors flow, but the mismatched frames and random spacing give the arrangement an organic look.

# 10th Anniversary STYLE MAKER

Follow Michelle's creative lead with unique, affordable accents from a few of her favorite sources.

## GOODEEWORLD.COM

An inclusive global marketplace of socially conscious designs.

## FLOTSAMANDFORK.COM

Kitchen and housewares made to stand the test of time from European brands.

## BLOOMIST.COM

Environmentally friendly designs that bring nature indoors while supporting small-batch makers and artisan communities.

## LOVEADORNED.COM

Unexpected accessories to finish any room.

## try stripes

Michelle's secret weapon—stripes—makes pairing patterns a no-brainer. "Think of stripes as a neutral; they go with anything."



## tell a story

Pieces with history add soul—like the bedside table with legs Michelle's dog, Rufus, chewed up.



Michelle used twin beds as a solution for this small guest room with windows on two walls. She pulled the color palette from the rug's berry-pink stitching and layered in grown-up textiles, bed frames, and a vintage nightstand for sophistication.

The upholstered headboard was in a guest room in her previous house but works best in Michelle's own bedroom here. Its simple shape doesn't compete with pattern-rich bedding and the ornate French nightstand.

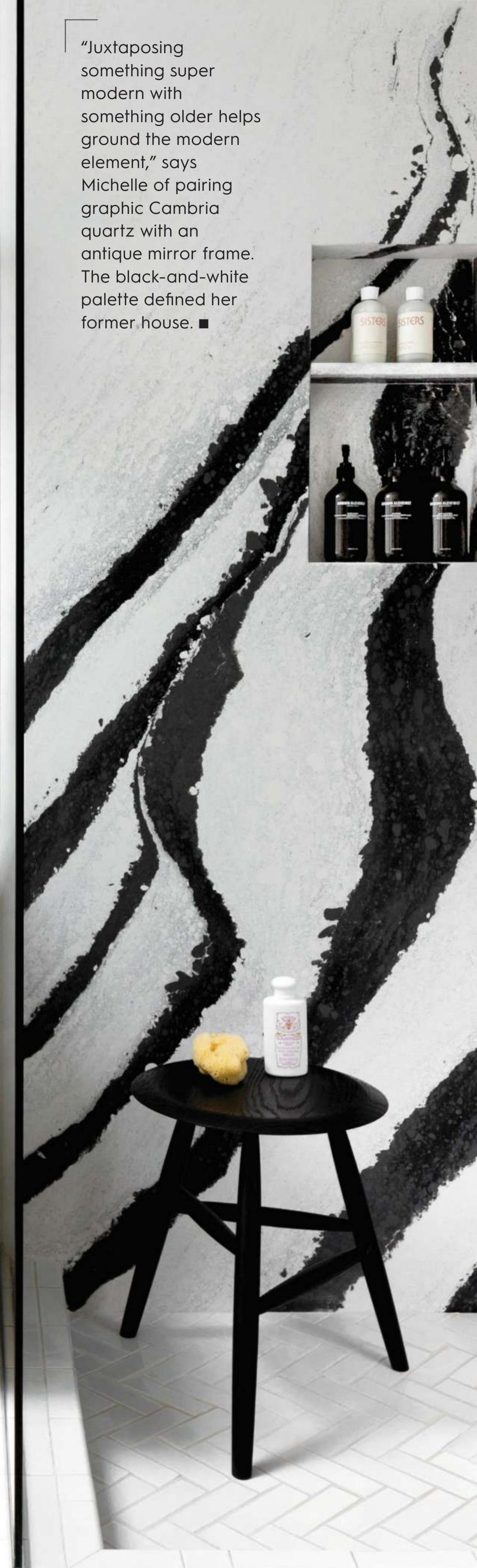


The tools I rely on are notebooks, podcasts, design books, and Photoshop (I like to visualize how things will look in a room before buying them).



MICHELLE ADAMS

"Juxtaposing something super modern with something older helps ground the modern element," says Michelle of pairing graphic Cambria quartz with an antique mirror frame. The black-and-white palette defined her former house. ■



# kitchen KISSMEAT



HE BROUGHT THE PASSION; SHE HAD THE SKILLS. TOGETHER ACTOR JESSE TYLER FERGUSON AND CHEF JULIE TANOUS COOKED UP A DELICIOUS BLOG, SERVED THEIR FIRST COOKBOOK, AND BECAME BETTER FRIENDS IN THE PROCESS.

IF THERE'S A PLATONIC EQUIVALENT OF LOVE AT FIRST SIGHT,

Jesse Tyler Ferguson and Julie Tanous experienced it when they met in 2015 at a Los Angeles dinner that neither had particularly wanted to attend. By evening's end, the pair—who'd chosen seats at the same table because it was closest to the exit—had not only discovered that they share a kooky sense of humor, a lifelong interest in musical theater, and a deep love of food, they'd also hatched a plan to write a cookbook together. When Jesse, best known for his role in the hit *Modern Family*, called his agent to pitch this culinary collaboration, she was understandably concerned. "Basically her answer was, 'You just met at a party and now you want to write a book together? That's a little crazy. Go cook and see what unfolds.'"

Over the next few months they met regularly in Jesse's kitchen and quickly confirmed

### HONEY-GARLIC GRILLED CHICKEN WITH PICKLED CHILES & PEACHES

Jesse and Julie created this sweet, spicy, tangy dish in the dead of winter, relying on frozen peaches. "Once we got to taste it with fresh peaches, we could happily say it was delicious with either."

**“This recipe was one of the few we kept from our blog for in our book, but we gave it more ambitious flavor.”**

JULIE TANOUS



A PINEAPPLE-CHILE MARINADE FLAVORS BOTH THE MEAT AND SALSA.

#### SKIRT STEAK WITH PINEAPPLE SALSA

This carne asada-inspired beef is one of Julie's go-tos for backyard parties because, she says, "guests can eat it however they want—in a tortilla, on top of salad, or straight up."

### CARAMELIZED GREEN BEANS

Laced with ginger and garlic and sprinkled with sugar in the pan, this dish is reminiscent of Julie's favorite Chinese take-out: dry-sautéed string beans.



that both their personalities and cooking styles were quite compatible. Julie, a professionally trained private chef and caterer who grew up in Alabama, has a deep love for Southern classics like mac and cheese, fried chicken, and sweet tea. Jesse, a native of Albuquerque, leans toward bold Southwestern flavors and has a pantry perpetually stocked with his home state's famous Hatch chiles. "Southern and New Mexican cuisines mesh together pretty naturally," Julie says. "Both have a lot of beans and rice and corn." Jesse agrees: "Think about the corn bread or pimento cheese spread that Julie grew up eating and just imagine it with Hatch chiles in it. Of course it's going to work!"

Recipes for both of those fusion creations ended up in their book, *Food Between Friends*, which hit shelves in March.

That's not to say, however, the process of making the book was always smooth sailing. In fact, the first dish they developed together was a flop. "My husband, Justin, and I were in the depths of a Paleo phase, so I was pushing Julie to make a Paleo-friendly roast chicken," Jesse says. "We tried rubbing ghee on the skin, and it didn't brown at all in the oven. It looked almost raw—the ugliest chicken ever!" Another challenge: The pandemic hit



**“We wanted to take the recipes we grew up eating and loving so much and update them.”**

JESSE TYLER FERGUSON



### SWEET TEA

The trick to seriously smooth-drinking iced tea? Add a pinch of baking soda to neutralize the tannic acid in the brew. Serve it with lemon or spiked with bourbon.

while they were still developing recipes, resulting in many FaceTime cooking sessions and on-the-fly substitutions to account for ingredients that were suddenly scarce. Through it all they managed to remain best pals, learning to appreciate one another's culinary quirks. "Julie loves butter and sugar. And that was a challenge for me," Jesse says. "There were some recipes I was trying to make a little healthier, but you turn your back on Julie and she's going to add some butter or sugar or cream. And then you taste it and say, 'Why does this taste better?' Because Julie got ahold of it." Judging by the title of the book's last chapter, it seems he has mostly come around to her way of thinking. "It's called 'You Deserve Butter,'" Jesse says with a laugh. Indeed we all do.



**“Hatch chiles are sweet and not too spicy. They’re a safe starter chile.”**

JESSE



### HATCH CHILE MAC 'N' CHEESE

The pair pumped up the flavor of this creamy stove-top staple with Jesse's favorite hometown ingredient. "Whenever Hatch chiles are in season, my parents or my brother send me a ton, and I freeze them," he says. "When I run out, I buy them canned from the supermarket like everybody else. Either way, they make everything taste amazing with just enough spice."

## 10th Anniversary **STYLE MAKER**

The tools that make a good cook aren't all found in the gadget drawer.

### WHAT FUELS YOUR CREATIVITY?

JESSE: "For me it's always about inspiration—from friends, books, art. I can't tell you how many times I've seen something on television and thought, *Oh god, I have to cook that right now!*"

JULIE: "I can't sit there and expect the creativity to come. Sometimes you have to get in the kitchen, pull stuff out, and start cooking."

### HOW DO YOU WORK THROUGH A CREATIVE WALL?

JESSE: "Putting on jazz or some other great music helps, especially if I'm having writer's block."

### HOW DID YOU STAY CONNECTED THROUGH THE PANDEMIC?

JULIE: "I'm a great phone talker. I don't want to text a paragraph. I love it when friends call me for cooking advice or recipe help. I get really excited to troubleshoot with them." ■



## NOT YOUR CHURCH LADY'S STRAWBERRY SEMIFREDDO

Inspired by Julie's childhood favorite Strawberry Pretzel Salad—"It sounds weird, but I swear it's a thing in the South," she says—this creamy, semifrozen dessert swirls strawberries and cream over a pretzel-crumb crust.



FRESH BERRIES  
SIMMER INTO A  
THICK, CHUNKY JAM  
JUST RIGHT FOR  
MARBLING THE  
WHIPPED CREAM  
CHEESE LAYER.

---

RECIPES  
BEGIN ON  
PAGE 90.

A chicken coop in Ellen Marie Bennett's backyard reflects two of her passions: color (especially yellow) and animals. "I grew up thinking I would have a yard full of chickens, no matter where I lived."



# CREATIVE CHEMISTRY

**ELLEN MARIE BENNETT AND CASEY CAPLOWE  
FOCUS THEIR AMPLE ENERGY AND BOUNTY OF IDEAS  
ON THEIR LOS ANGELES HOME AND GARDEN.**



Casey Caplowe, who studied urban planning, decided to carve the hillside garden into distinct zones for entertaining, lounging, and more. Garden designer Ivette Soler suggested the airy grasses and flowering perennials. "Planting too much structure around a modern house is a redundancy," Soler says.

▲  
A MATCHING  
PAIR OF POTTED  
SUCCULENTS  
SETS OFF A  
SEATING AREA.

**T**he lush hillside garden at Ellen Marie Bennett and Casey Caplowe's Los Angeles home is the direct result of a few minor catastrophes. "There was a wall that collapsed after a heavy rain. Oliver, our 200-pound pet pig, ate all of the plants on three separate occasions," says Ellen, the founder and chief executive officer of Hedley & Bennett, an apron and kitchen-wear company. "Today, you see this epic garden. But it has had its challenges," she says. "It has been an evolution. That's part of the fun."

Collaborating on the house and garden—and rolling with the punches as they come—has been a running thread in the couple's relationship. Casey was in the early stages of designing the house when he met Ellen seven years ago; before long they were swapping design ideas and digging holes in the garden together. "Casey is very calm and collected," Ellen says. "But whenever I get involved, someone else has to hold the wheel tightly. I'm full-on."

Today, their modern home reflects both of those impulses. Casey, cofounder and chief creative officer of





**Far left:** Buying a Bertazzoni range

in yellow started a domino effect of using bright colors. "One thing led to the next," Ellen says.

**Below, clockwise from top left:**  
The couple at home. ♦ A coral barn door slides closed to create a guest room. ♦ The couple covered a kitchen wall with chalkboard paint for grocery lists; tight on storage, they also hang pots on that wall in a graphic display. ♦ A biergarten table takes advantage of the shady sapodilla tree.

the digital magazine *Good*, is responsible for the highly organized spaces, white oak floors, and interior barn doors that slide open and closed to reconfigure their living space as needed. Ellen, a maximalist who appreciates pizzazz, takes credit for the exuberant use of color—coral, Kelly green, sky blue. Add in some clean-lined furniture, and the result is warm and balanced, fun and practical.

To help marry their aesthetics outdoors, the couple brought in a third collaborator: Los Angeles garden designer Ivette Soler. "We roped Ivette into the madness,"



LARGE  
WINDOWS AND  
POTTED FICUS  
FRAME THE VIEW  
OF THE TREES.





A WELL-WORN  
MOROCCAN  
RUG IN INDIGO  
GROUNDS  
THE ROOM.



Ellen's new book, *Dream First, Details Later* (Portfolio), is part memoir, part self-help, and full of encouragement to swing big.

Ellen says. Working with Casey's initial design—which involved carving the formerly weedy slope into a series of flat spaces for a chicken coop, a bocce court, and an entertaining area set off by concrete walls—Soler advised on materials and came up with a planting plan. The couple took it from there. “Ivette gave us a list of the plants we needed, but we'd go rogue and buy even more,” Ellen says. They wound up replanting the garden several times after their pig tore through it, eventually pivoting last year to fewer edibles and more sturdy California natives. (“Oliver seems to respect the garden now,” Soler says.)

Like the interior, the yard feels highly organized (thanks to Casey), but it's also a little wild (that's all Ellen). “Our styles blend well,” Ellen says, “like pouring coffee into milk. They just swirl together.”

Ellen campaigned for a velvet sofa, but Casey resisted. The compromise? A vintage bench upholstered in orange velvet and a more practical twill couch from Room & Board. The colorful interior is as cheerful as the leafy views. “It feels like we're in a mini rain forest,” Ellen says.

*Below:* The deck shares a color palette with the adjacent living room beyond the sliding doors and naturally expands their living space. (Oliver has full indoor-outdoor privileges.) ♦ Soler chose drought-resistant plants that would play off the hard edges of the home. The tall Mexican weeping bamboo along a fence increases privacy, and its green foliage is a foil for colorful plants like purple verbena. *Opposite:* The small den-guest room is sparsely furnished, but a patchwork rug and a rainbow of books keep it lively. "I am staunchly for color-coding books," Ellen says.



## 10th Anniversary **STYLE MAKER**

Ellen's creativity toolbox keeps her inspired, even in challenging times.

### HOW DO YOU KEEP TRACK OF YOUR IDEAS?

"It's a mosh pit of emails, texts, and jotting notes on anything I can get my hands on. Scribbling things down lets the ideas flow. I also have a back-burner list for not-today ideas, but tomorrow ideas."

### WHAT DOES STYLE MEAN TO YOU?

"It means the way you show up in the world, from the colors you are drawn toward to the details you add to something. Everyone starts with a blank slate; it's what you put on the slate."

### WHEN ARE YOU MOST CREATIVE?

"I am most creative in my kitchen. If I am ever trying to work through something complicated, I will start cooking something and talk through it. It forces me to think on my feet and make better decisions."

### WHO INSPIRES YOU?

"Doers inspire me, people willing to be uncomfortable. I am also inspired by my mother—who is from Mexico and has influenced my deep love for vibrant color—and my *tias*, who show up everyday no matter what and get the job done." ■





RECIPES FROM PAGES 76-81

## KITCHEN KISMET

Recipes by Jesse Tyler Ferguson and Julie Tanous, authors of *Food Between Friends*.

### HONEY-GARLIC GRILLED CHICKEN WITH PICKLED CHILES & PEACHES

**HANDS-ON TIME** 25 min.

**TOTAL TIME** 2 hr. 10 min., includes marinating

- ½ cup plus 1 Tbsp. honey
- 2 lemons, juiced
- 2 garlic cloves, minced
- 2 lb. boneless, skinless chicken thighs
- 1 serrano or jalapeño chile, seeded and thinly sliced
- ¼ medium red onion, thinly sliced into half-moons
- ½ cup apple cider vinegar
- 3 ripe peaches, halved, pitted, and sliced, or 1 lb. frozen sliced peaches, thawed
- 4 cups fresh arugula
- 1 cup torn fresh basil
- ¼ cup chopped fresh chives

**1.** In a small bowl whisk together ¼ cup of the honey, the lemon juice, garlic, ½ cup olive oil, 1 Tbsp. kosher salt, and 1 tsp. freshly ground black pepper. Pour into a large zippered plastic bag. Add the chicken, seal the bag, and massage to coat the chicken. Marinate in the

refrigerator at least 1 hour, or let sit at room temperature 30 minutes.

**2.** For the pickled chiles and peaches: Add the serrano and onion to a heatproof medium bowl. In a small saucepan whisk together vinegar, 1 Tbsp. honey, 1 cup water, and 2 tsp. kosher salt. Bring to a boil over medium-high. Pour vinegar mixture over the serrano and onion. Cover bowl with plastic wrap and let stand at room temperature 15 minutes. Add peaches and let marinate about 5 minutes. Strain the mixture, setting aside the pickled chile, onion, and peaches, and reserving 3 Tbsp. of the pickling liquid.

**3.** Preheat a greased grill or grill pan to medium-high. Remove chicken from marinade and gently shake off excess marinade. Season both sides of chicken with a little more salt and pepper. Grill chicken until nicely browned on both sides, flipping occasionally, about 15 minutes total.

**4.** Place the arugula, basil, and chives in a large bowl and gently toss with 1 Tbsp. olive oil and the reserved pickling liquid. Add the pickled chile, onion, and peaches. Season with salt and pepper. Serve grilled chicken alongside the salad. Serves 4.

**EACH SERVING** 456 cal, 19 g fat (4 g sat fat), 213 mg chol, 973 mg sodium, 23 g carb, 3 g fiber, 19 g sugars, 47 g pro

### SKIRT STEAK WITH PINEAPPLE SALSA

A peppy pineapple salsa and flavorful marinade perk up this dish adapted from one of the first recipes Julie and Jesse created for their blog, Food Between Friends (originally Julie and Jesse Cook).

**HANDS-ON TIME** 25 min.

**TOTAL TIME** 3 hr. 40 min., includes marinating

- 1 large pineapple, peeled, cored, and sliced into 1-inch-thick rounds
- 2 canned chipotle chiles in adobo
- 1 small jalapeño chile, stemmed and seeded
- 2 limes, juiced
- 2 Tbsp. packed brown sugar
- 2 Tbsp. soy sauce

- 2 Tbsp. fish sauce
- 6 garlic cloves
- 1 cup cilantro, leaves and tender stems
- 1½ tsp. ground cumin
- ½ tsp. ground coriander
- ¼ tsp. ground white pepper
- 2 lb. skirt steak (2 to 3 whole steaks), trimmed and cut with the grain into 5- to 6-inch-wide pieces
- Grapeseed or canola oil
- Flour tortillas, warmed (optional)

**1.** In the bowl of a food processor or blender combine one of the pineapple rounds, the chipotle chiles, jalapeño, lime juice, brown sugar, soy sauce, fish sauce, garlic, cilantro, cumin, coriander, white pepper, ¼ cup olive oil, and ½ tsp. kosher salt. Blend until mostly smooth, about 1 minute. Transfer ¼ cup of the marinade to a small bowl; cover and refrigerate. (This will get tossed with the pineapple salsa later.)

**2.** Pour the remaining marinade into a large zippered plastic bag. Add steaks, seal the bag, and massage to coat the steaks. Marinate in the refrigerator at least 3 hours or up to overnight.

**3.** Remove steaks from the refrigerator 30 to 40 minutes prior to grilling; allow them to come to room temperature. Meanwhile, preheat a grill or grill pan to high 10 minutes. Grease grates lightly with a folded paper towel dipped in oil, using tongs to hold paper towel.

**4.** Grill remaining pineapple rounds until they have deep golden grill marks, about 4 minutes per side. Transfer pineapple to a cutting board and cut into 1-inch pieces, then transfer to a medium bowl. Pour the reserved ¼ cup marinade over the pineapple and stir to coat.

**5.** Remove steaks from marinade and gently shake off excess liquid. Place steaks on the hot grill. If using a gas grill, cover; if using a grill pan or charcoal grill, leave uncovered. Grill until well charred on one side, 2 to 3 minutes, then flip and continue to cook until steaks reach desired doneness, another 3 to 4 minutes. Transfer to a cutting board, tent with foil, and let rest 10 minutes.

**6.** Thinly slice steak pieces against the

**12:47 am** — Exhausted  
**2:58 am** — Frustrated  
**6:14 am** — Tired  
**7:02 am** — Loving  
**8:34 am** — Fulfilled



© 2021 MyLife™. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc. © 2018 Google LLC. All rights reserved. Google Play and the Google Play logo are trademarks of Google LLC.



Your mornings may be up and down.  
Turn to MyLife™ for the right mindfulness boost, any time of day.



It all starts with how you're feeling, right now. You'll enjoy a customized experience from over 400 relaxation activities, each one about 10 minutes or less. MyLife delivers exactly what you need — because it always starts with **you**.



**my  
life**

**START A FREE 7-DAY TRIAL. DOWNLOAD THE APP TODAY.**

# MADE TO HELP FILL YOU UP



**Kellogg's**  
**Frosted**  
**Mini Wheats**  
ORIGINAL

grain. Serve steak with pineapple salsa and, if desired, warm flour tortillas.

Serves 6.

**EACH SERVING** 558 cal, 33 g fat (9 g sat fat), 139 mg chol, 1,018 mg sodium, 22 g carb, 2 g fiber, 15 g sugars, 46 g pro

## CARAMELIZED GREEN BEANS

"We both love green beans as a side so we had a few recipes to consider. Only two made the cut," Julie says.

**HANDS-ON TIME** 20 min.

**TOTAL TIME** 55 min.

**3** Tbsp. unsalted butter  
**1½** lb. green beans, trimmed  
**1** small shallot, halved  
**3** garlic cloves, smashed  
**1** 1-inch piece ginger, peeled and halved  
**½** tsp. dried dill  
**¾** tsp. sugar  
 Finely grated zest and juice of  $\frac{1}{2}$  of a lemon

**1.** In an extra-large stainless-steel or cast-iron skillet melt butter over medium until bubbling. Add green beans and toss well to coat. Add shallot, garlic, ginger, and dill. Season with a big pinch of *kosher salt* and *freshly ground black pepper*. Reduce heat to medium-low and cook, tossing frequently, until beans are darkened in color, slightly wilted, and caramelized, 35 to 40 minutes. Some of the green beans will be darker and softer than others; that's OK.

**2.** Sprinkle in the sugar and cook another minute to dissolve. Remove pan from heat and stir in lemon zest and juice. Season to taste with more salt and pepper.

Serves 4.

**EACH SERVING** 147 cal, 9 g fat (5 g sat fat), 23 mg chol, 154 mg sodium, 16 g carb, 5 g fiber, 7 g sugars, 4 g pro

## HATCH CHILE MAC 'N' CHEESE

Together, Julie and Jesse developed a stove-top mac and cheese that marries her clean-out-the-fridge version with Jesse's first love: spicy and slightly sweet Hatch green chiles.

**TOTAL TIME** 30 min.

### Kosher salt

**1** lb. elbow macaroni or other short pasta  
**2** tsp. grapeseed or canola oil  
**4** Tbsp. unsalted butter ( $\frac{1}{2}$  stick)  
**1** large shallot, finely chopped (about  $\frac{1}{2}$  cup)  
**1** small onion, finely chopped ( $\frac{1}{2}$  cup)  
**6** garlic cloves, minced  
**2** Tbsp. minced jalapeño chile (seeded, if desired)  
**4** Tbsp. all-purpose flour  
**4** cups whole milk, warm  
**2** cups freshly grated Monterey Jack cheese (8 oz.)  
**½** cup freshly grated pepper Jack cheese (2 oz.)  
**3** 4-oz. cans diced Hatch green chiles, drained  
**1** tsp. dried Mexican oregano

**1.** Bring a large pot of salted water to a boil. Add macaroni and cook until al dente, 7 to 9 minutes. Drain, transfer to a large bowl, and toss with the oil to keep macaroni from sticking.

**2.** In a large saucepan melt butter over medium. Add shallot, onion, garlic, and jalapeño; cook, stirring, until softened, about 3 minutes. Stir in flour and cook until toasty, about 2 minutes.

**3.** Slowly pour in warm milk, whisking constantly. Bring to a simmer and cook, stirring frequently, until sauce begins to thicken, 3 to 5 minutes. Add the cheeses in two additions and stir until melted. The sauce will start to thicken to the consistency of queso.

**4.** Remove pan from heat and stir in green chiles, oregano, a



Pick up our collection of fresh, veggie-forward ideas on newsstands and at magazine.store/Veggie.



# 10 LAYERS OF WHEAT IN EVERY BITE



pinch of salt, and some *freshly ground black pepper*. Add macaroni and stir until well coated. Serve immediately. Serves 8.

**EACH SERVING** 521 cal, 23 g fat (13 g sat fat), 59 mg chol, 541 mg sodium, 59 g carb, 2 g fiber, 10 g sugars, 22 g pro

## NOT YOUR CHURCH LADY'S STRAWBERRY SEMIFREDDO

**HANDS-ON TIME** 30 min.

**TOTAL TIME** 7 hr. 20 min., includes freezing

**2½ cups salted mini pretzels (about 3½ oz.)**  
**3 Tbsp. nonfat milk powder**  
**½ cup plus 5 Tbsp. granulated sugar**  
**¼ cup packed light brown sugar**  
**10 Tbsp. unsalted butter, melted**  
**1½ lb. fresh strawberries, hulled and quartered (about 4½ cups)**  
**1 Tbsp. plus 2 tsp. fresh lemon juice**  
**1 8-oz. pkg. cream cheese, softened**  
**⅔ cup sweetened condensed milk**  
**1½ cups heavy cream**

**1.** For the pretzel crunch: Preheat oven to 275°F. Line a baking sheet with parchment paper. Line a 9×5-inch loaf pan crosswise with parchment paper so there's at least 1 inch of overhang on each side.

**2.** In a medium bowl crumble pretzels with your hands, breaking them into ¼- to ½-inch pieces. Add the milk powder, 2 Tbsp. of the granulated sugar, the brown sugar, and ½ tsp. *kosher salt*; toss to combine. Pour in 7 Tbsp. of the melted butter and toss until pretzels are well-coated.

**3.** Spread pretzel mixture on the baking sheet. Bake until pretzels are lightly toasted, 20 to 25 minutes, stirring once halfway through. Let cool completely.

**4.** Set aside ½ cup of the pretzel crunch for topping, then transfer the remainder to a food processor. Add remaining 3 Tbsp. melted butter. Pulse for five 1-second bursts. Scrape

down sides of the bowl, then pulse about five more times or until pretzels are broken down into small crumbs but are not completely uniform or pulverized. Press the mixture in an even layer in bottom of loaf pan. Freeze until ready to use.

**5.** For the jam: In a medium pot combine strawberries and ½ cup of the granulated sugar. Cook over medium, stirring occasionally, until strawberries have broken down into a thick, chunky jam and have reduced to about 1 cup, 15 to 20 minutes. Remove pot from heat and stir in 1 Tbsp. of the lemon juice. Let the strawberry jam cool completely.

**6.** For the semifreddo: In the bowl of a stand mixer fitted with the whisk attachment combine cream cheese, condensed milk, ¼ tsp. kosher salt, and the remaining 2 tsp. lemon juice. Mix on medium 1 minute. Scrape down sides of the bowl, then continue mixing on medium-high until totally smooth and slightly fluffy, about 1 minute more. Transfer to a medium bowl.

**7.** In the stand mixer bowl (no need to clean it), combine the cream and remaining 3 Tbsp. granulated sugar. Mix on medium-high until cream holds medium-stiff peaks, 2 to 3 minutes.

**8.** Add a large scoop of the whipped cream to cream cheese mixture and gently stir together. Pour the cream cheese mixture into the whipped cream and fold together just until no streaks remain. Gently fold in half of the strawberry jam—just enough to create streaks—then gently fold in the remaining jam. The mixture should look marbled with pockets of jam. Transfer mixture to the loaf pan with the pretzel crust, smoothing the top.

Freeze until firm, at least 6 hours and up to 3 days.

**9.** To serve, use the parchment paper to lift the semifreddo out of the pan and place on a flat surface. Let sit at room temperature about 15 minutes. Sprinkle reserved pretzel crunch over top, slice, and serve. Serves 8.



**FOOD BETWEEN FRIENDS**  
**\$32; penguinrandomhouse.com**

®, TM, © 2021 Kellogg NA Co.



**NEW!**

# A CEREAL FOR CINNAMON ROLL LOVERS TO LOVE



©, TM, © 2021 Kellogg NA Co.

# cookbook

**TIP** To store leftover semifreddo: Use the parchment paper to transfer the semifreddo back to the loaf pan and cover with plastic wrap. Leftovers will keep in the freezer up to 1 week. The pretzel crunch can be made ahead and will keep in an airtight container at room temperature for 1 week or in the fridge or freezer for 1 month.

**EACH SERVING** 652 cal, 43 g fat (27 g sat fat), 127 mg chol, 482 mg sodium, 62 g carb, 2 g fiber, 49 g sugars, 8 g pro

## SOUTHERN SWEET TEA

**HANDS-ON TIME** 10 min.

**TOTAL TIME** 1 hr. 15 min., includes chilling

**4** cups boiling water  
**4** bags black tea (such as Luzianne or Lipton)  
**1/8** tsp. baking soda  
**3/4** cup sugar  
**2** cups ice water  
 Lemon wedges and mint sprigs, for serving  
 Bourbon (optional)

**1.** Pour the boiling water into a large glass heatproof pitcher. Add the tea bags and baking soda; gently stir to combine. Let the tea steep, uncovered, 15 minutes. Remove tea bags and discard. Stir in sugar until dissolved. Pour in ice water and stir to combine.  
**2.** Chill tea in the refrigerator at least 1 hour before serving. Garnish each glass with a lemon wedge and a mint sprig. If desired, add a shot of bourbon. Serves 4 to 6.

**EACH SERVING** 145 cal, 50 mg sodium, 150 g carb, 150 g sugars

## RECIPES FROM PAGES 52-54 ONE SAUCE FITS ALL

Recipes by Vivian Howard, author of *This Will Make It Taste Good*.

### LITTLE GREEN DRESS

"Don't let some of the ingredients deter you," Vivian says. "I've knowingly fed this to olive- and anchovy-haters, and everybody wanted more." For a vegetarian version, omit the anchovies.

**HANDS-ON TIME** 15 min.

**TOTAL TIME** 1 hr. 5 min.

**2** medium shallots  
**2** garlic cloves  
**3** Tbsp. red wine vinegar  
**2/3** cup Castelvetrano olives, pitted  
**1 1/2** Tbsp. capers, rinsed  
**2** oil-packed anchovy fillets  
**1** bunch fresh flat-leaf parsley (about 1 cup packed)  
**2** 1/2-oz. pkg. fresh mint (about 1/2 cup packed)  
 Grated zest of 1 lemon  
**1/4** cup fresh lemon juice  
**1** tsp. hot sauce

**1.** In a small food processor mince the shallots and garlic, then stir them together in a small bowl with the red wine vinegar. (We want the shallots to pickle a bit, so set mixture aside about 20 minutes.)

**2.** Meanwhile, mince the olives, capers, and anchovies in the food processor. Transfer to a medium bowl. Pick the leaves and small stems from the parsley and the leaves from the mint; mince in the food processor. (It may take a little while to get them all fully processed.) Transfer herbs to the bowl with the olive mixture.

**3.** Add the pickled shallot mixture, lemon zest, lemon juice, hot sauce, 1/2 cup extra virgin olive oil, and 1/2 tsp. kosher salt to the bowl with everything else. Stir it all together and let the vinegary puddle of green sit for a minimum of 30 minutes before serving. Makes 2 cups.

**TIP** Little Green Dress can be kept refrigerated in a sealed container up to 1 month. (Don't relegate it to the freezer. LGD doesn't respond to the lack of attention and cold environment.) Just make sure

all the green stuff is submerged in a bit of olive oil to prevent browning.

**PER TBSP.**

37 cal, 4 g fat (1 g sat fat), 86 mg sodium, 1 g carb



**THIS WILL MAKE IT TASTE GOOD**  
\$16;  
[readvoracious.com](http://readvoracious.com)

Trusting	Concerned	Angry
Open-Minded	Confused	Defensive
Loving	Hesitant	Frustrated
Grounded	Anxious	Pessimistic
Calm	Stressed	Guilty
Creative	Grateful	Helpless
Enthusiastic	Nervous	Hurt
Fiery		Insecure
Glad		Isolated
Happy		Longing
Joyful		Apprehensive
Relieved		Overwhelmed
Strong		Rejected
Content		Sad
Encouraged		Tired
Excited		Vulnerable
Fulfilled		Alienated
Proud		Bullied
Satisfied		Depressed
Thankful		Despondent
Balanced		Discouraged
Inpassionate	Uneasy	Exhausted
Caring	Excited	Grieving
Connected	Disconnected	Heartbroken
Quaninous	Hopeful	Homesick
Mixed Up	Depressed	In Pain
Kind	Frustrated	Insulted
Achy	Overwhelmed	Powerless
Bored	Lazy	Jealous
Relaxed	Suspicious	Resentful
Afraid	Uneasy	Irritated
Distracted	Worried	Impatient




## GAS STATION BISCUITS

HANDS-ON TIME 35 min.

TOTAL TIME 1 hr.

2 cups grated Parmigiano-Reggiano cheese (3 oz.) (Vivian uses a microplane.)  
2 cups shredded Fontina cheese (8 oz.)  
 $\frac{1}{3}$  cup mayonnaise  
2½ cups all-purpose flour, plus more to flour your work surface  
1 Tbsp. granulated sugar  
2½ tsp. baking powder  
1 tsp. baking soda  
10 Tbsp. cold unsalted butter, cut into  $\frac{1}{2}$ -inch cubes

- Preheat oven to 350°F. Cut eight 6-inch squares of foil and arrange them on a baking sheet. (Each square of foil will hold its own biscuit.)
- In a medium bowl stir together the Parmigiano, Fontina, mayonnaise, and  $\frac{1}{2}$  tsp. ground black pepper. Set aside.
- In a large bowl whisk together the 2½ cups flour, the sugar, baking powder, baking soda, and 1 Tbsp. kosher salt to combine. Using a fork or a pastry blender, cut the butter into the dry mixture until butter pieces are the size of small peas. Add the buttermilk and stir until dough comes together.
- Once the dough is manageable, flour your work surface and turn the dough onto it. Fold dough in on itself about four times, kneading gently and taking care not to overwork it.

Incorporate more flour as necessary to keep the dough from sticking to work surface. Roll dough into a 10-inch square that is  $\frac{1}{2}$  inch thick.

- Cut the dough into sixteen 2½-inch squares. Coat each of the foil squares on the baking sheet with nonstick cooking spray. Put one biscuit square in the middle of each foil square. Top each biscuit with a scant 3 Tbsp. of the cheese mixture and about 1 Tbsp. Little Green Dress. Top each with one of the remaining biscuits. Do not press down or try to crimp the edges. Lift the sides of the foil square up the sides of the biscuit. Repeat with remaining biscuits. Each biscuit stack should look like a foil package with an open top. (Do not close or seal the packages. If you do, the biscuits will steam instead of brown.)
- Slide the pan onto the middle rack of your oven and bake 22 to 25 minutes, until they are browned a bit on top. Serve them warm or at room temperature. Makes 8 sandwiches.

**PER SANDWICH** 601 cal, 42 g fat (20 g sat fat), 94 mg chol, 1,561 mg sodium, 38 g carb, 1 g fiber, 5 g sugars, 19 g pro ■

## SWEEPSTAKES RULES

### DAILY SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules available online at [BHG.com/25kBackyard](http://BHG.com/25kBackyard). The \$25,000 Sweepstakes begins at 12:01 a.m. ET on 1/1/21 and ends at 11:59 p.m. ET on 6/30/21. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Void where prohibited. Sponsor: Meredith Corporation. Sweepstakes is offered by Meredith Corporation and may be promoted by any of Meredith's publications in various creative executions online and in print and at additional URLs at any time during the sweepstakes.

**Simply tell MyLife™ how you're feeling. You'll get a personalized mindfulness session, every time.**

**START A FREE 7-DAY TRIAL.  
DOWNLOAD THE APP TODAY.**



**my life**

© 2021 MyLife™  
SCAN WITH SMARTPHONE

May 28

## IS DON'T FRY DAY

to raise awareness about sun safety and to encourage everyone to take steps to protect against skin cancer.

And don't forget your eyes. Five to 10 percent of skin cancer cases occur on the eyelids, and repeated unprotected UV-ray exposure can lead to cataracts. Safeguard your eyes with sunglasses that block UVA and UVB rays and a hat with a brim at least 3 inches wide. More smart protective moves on p. 110.



→ All it takes is an 11-minute **workout with only your body weight** (push-ups, sit-ups, etc.) to improve your fitness.

A study in the *International Journal of Exercise Science* reports people who did a short routine three times weekly for six weeks increased their strength and endurance. Try this: 1 min. each jumping jacks, push-ups, high knees, squat jumps, high knees, and squat jumps, with 1 min. of walking in place between each.

One great reason to pour a cup of java: A review of studies found that men who drink two to nine cups daily are 9% less likely to develop prostate cancer.

**EACH CUP OF COFFEE WAS ASSOCIATED WITH A 1% DROP IN PROSTATE CANCER RISK.**

The researchers say coffee's antioxidant and anti-inflammatory effects may protect against the disease.

**42%**  
of Americans  
DON'T  
DISINFECT  
surfaces  
properly.

First preclean with soap and water. Then use a disinfecting spray or wipe and let air-dry. When cleaning a food prep surface or toy, rinse with water and let dry after using a disinfecting product.



**2**

HOURS OR LESS

That's the maximum time per day you should spend on social media to safeguard your happiness.

In a study of nearly 1,000 young adults, 3½ to 5 hours a day on social media doubled the risk of depression; 5 or more tripled it. Track and limit your time on social media via your phone settings or an app like Moment.

# TOUGH ON GREASE. 100% BIODEGRADABLE FORMULA.

IT'S JUST SCIENCE.

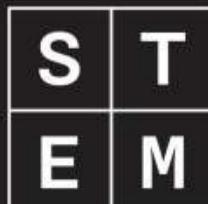


SCAN TO SHOP



*She can*  
**STEM**

**SO CAN  
YOU.**



@SheCanSTEM



# SHINING A LIGHT ON **women's health**

Meet five trailblazing advocates who are bringing awareness to important wellness issues and changing the way we take care of ourselves—mentally and physically.



## IMADÉ NIBOKUM

### IMPACT

**Created Depressed While Black, an online community turned nonprofit that donates Black-affirming personal care items to psychiatric patients and helps people find Black therapists.**

Nibokum used to think depression was a "White person's disease." She says, "My mom raised us to believe that Black people are strong; we don't get

depression. And prayer is how we cope—not therapy or medication." Then, in graduate school she had symptoms of severe depression and borderline personality disorder, with multiple suicide attempts. A therapist eventually helped her get better. This inspired her to create Depressed While Black, an online community and blog to share experiences through the Black lens and show that, yes, Black people can get depressed and deserve care, and connect them to

### HOW-TO

#### FIND A THERAPIST WHO UNDERSTANDS YOU

Ask lots of questions before you go to the first session: What is a typical session like? How can you help me achieve my goal? What payment options do you offer?

Black mental health professionals. DWB is also a nonprofit that donates personal care items—hair oil, body butter, and lip balm—to psychiatric hospitals. "Hospitals don't provide Black hair supplies, which patients need to care for themselves in a way that gives them dignity. We already have feelings of shame and inadequacy. When we don't have the right grooming supplies, it makes it hard to be present in our bodies. How do you take part in group therapy when you can't concentrate because you feel like a mess?"



## NITIKA CHOPRA

### IMPACT

**Created Chronicon, a supportive, inclusive online community of people living with chronic diseases.**

At 10, Chopra was diagnosed with psoriasis (an autoimmune condition causing patches of red, itchy, scaly skin); being bullied and depression filled her teen years. In college, psoriatic arthritis made every move hurt.

In her mid-20s, a combination of the right medications and self-compassion

helped her get the condition under control, and she found her groove on social media, where she posted photos and thoughts on beauty, relationships, and careers to help destigmatize living with a chronic condition. "I got feedback, especially from Brown women and girls who felt they'd never really had a person talk about dealing with a chronic illness in such an honest, encouraging way." So she launched Chronicon to show people with chronic conditions that they're powerful, beautiful, and much more than any illness.

"If I can love my body with all of its scars, soft parts, and scaly patches, I want you to know you can love your body as it is," she says.

### HOW-TO

#### BE KIND TO YOURSELF

.....

##### PRACTICE MINDFULNESS AND COMPASSION

Try repeating a self-compassion mantra like "I'm so sorry you're hurting" or "I'm angry because I'm uncomfortable."

##### DO SOMETHING YOU'RE GOOD AT EVERY DAY

Whether cooking, gardening, running, or dancing, remind yourself of your talents to reinforce positive self-esteem.



## JENNIFER MIERES & STACEY ROSEN

### IMPACT

**These renowned doctors are leading advocates in raising the awareness of, preventing, and treating heart disease in women.**

"Heart disease is the number one killer of women," Rosen says, "but women are so busy taking care of everyone else that managing their own health issues tends to come last." This cardiologist power duo want to change that, and their book *Heart Smart for Women: Six S.T.E.P.S. in Six Weeks to Heart-Healthy Living* is a call to action, providing the tools to live heart healthy.

Rosen and Mieres, who are medical advisers to and spokespeople for the American Heart Association's Go Red for Women, have been working to grow the small body of research examining the racist and sexist barriers to care that leave

women—Black and Latina, especially—at increased risk of dying from heart disease. The two, who are senior physicians at the Katz Institute for Women's Health at Northwell, were also executive producers on the award-winning documentary *Ms. Diagnosed*, which highlights the fact that women are seven times more likely than men to be misdiagnosed and sent home from the ER during a heart attack. "Being knowledgeable about heart disease is not enough," Mieres says. "We want women to translate their knowledge into action, making the lifestyle changes that will help them lead a long, heart-smart life."

### [HOW-TO]

#### BEST PROTECT YOUR HEART

KNOW YOUR RISK FACTORS At your next checkup, ask your doctor about your risk of heart disease. And make sure she knows if you had any pregnancy-related complications like high blood pressure or gestational diabetes, which can foreshadow heart disease.

#### BE ACTIVE

Exercise 30 minutes a day; it can be a 30-minute walk or three 10-minute walks.

#### EAT MORE FRUITS AND VEGGIES

Apples, pears, citrus, and green leafy vegetables are especially heart-protective.

## CONSTANCE COLLINS

### IMPACT

**Founded Lotus House, a Miami shelter focusing on the health and well-being of women and children experiencing homelessness.**

The past decade has seen an explosion in women and children experiencing homelessness. "More than 90 percent of women in shelters have suffered gender-based violence, abuse, and crimes, and they need to heal on multiple levels," Collins says. "Not just medical care, but mental health care." That's where Lotus House comes in:



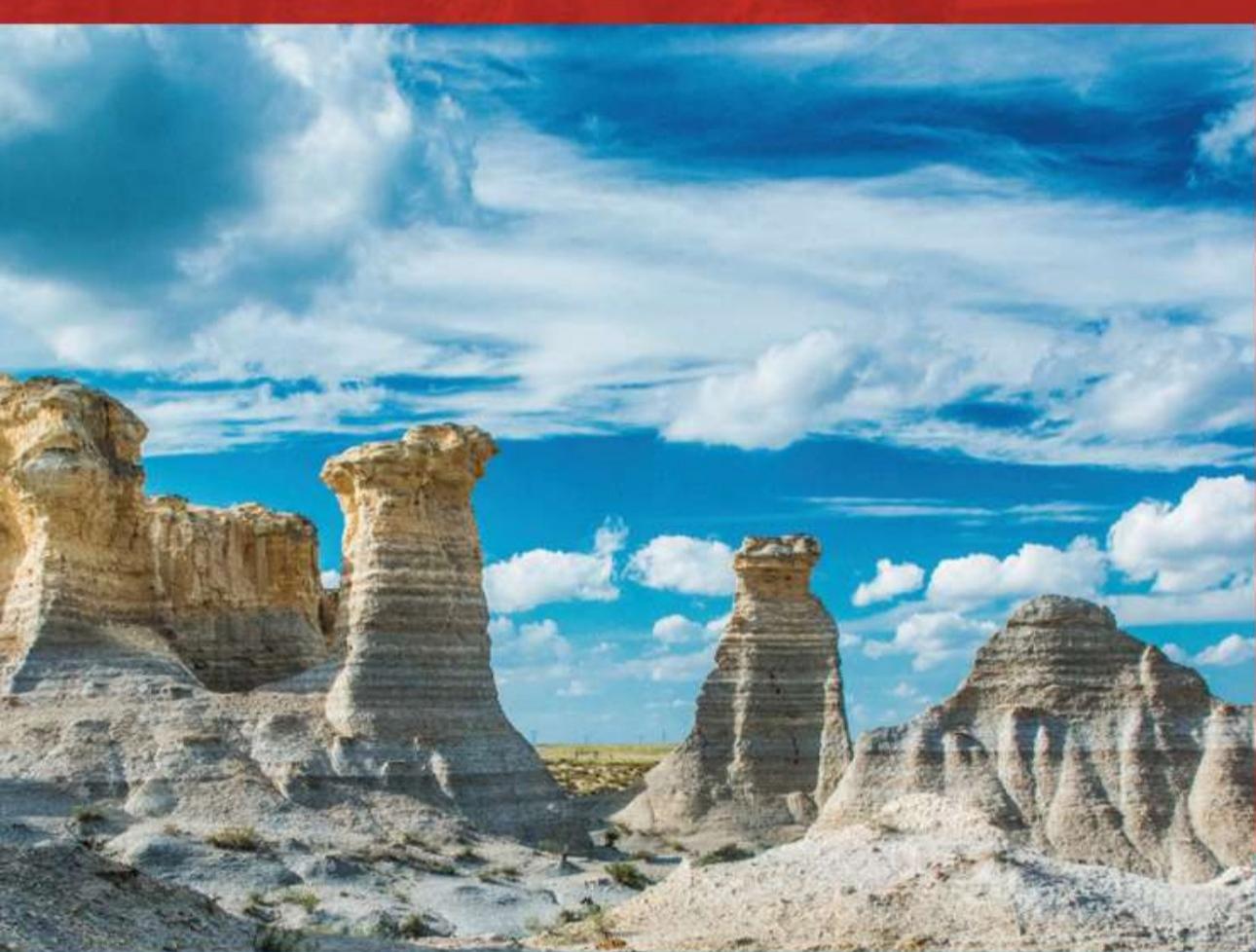
### [HOW-TO]

#### CHANGE THE THINKING ABOUT HOMELESSNESS

on the sidewalk didn't do anything wrong. She may be fleeing an abusive partner; he may have gotten sick and lost his home due to health care costs. Together, check a local shelter website for its wish list and donate. "As a society, we have to care for one another," Collins says. ■

Women have access to a peaceful yoga and meditation room, a training kitchen connected to hydroponic and rooftop gardens, a women's health clinic and children's wellness center, a day care, healing hands salon, education center, and an arts and activities lab.

More than 500 women and kids find sanctuary every night in individual and family rooms in the five-story building. The results of the holistic approach: More than 80 percent of residents exit into independent housing or other specialized programs. "We want to create a safe space and transform an experience that would otherwise be traumatic into an opportunity to strengthen, heal, and build resilience," Collins says. "It's about feeling human and nourishing mind, body, and spirit."



*to the  
stars*

THE KANSAS EXPERIENCE IS A SALUTE TO THE REAL

KANSAS

Visit [TravelKS.com](#) to request a free travel guide  
and plan your Kansas experience. #ToTheStarsKS

TO THE

*Saucy*

TO THE

*Stunning*

TO THE

*Rowdy*

# FRESH FILES

FRESH PRODUCTS & PROMOTIONS TO LIVE A MORE COLORFUL LIFE

## TUNE IN!

# Style MAKER

Better Homes & Gardens.

Join us as *Better Homes & Gardens* celebrates 10 years of honoring top creatives and innovators who are setting the pace for what's next.

**Ready, Set, Organize!** The Home Edit founders Clea Shearer and Joanna Teplin help solve real-life organizing problems—fast. Get a peek of their latest book *The Home Edit Workbook*.

**Shake It Up!** Jesse Tyler Ferguson and Julie Tanous show us how to make a favorite drink recipe from their new cookbook *Food Between Friends*.

### Watch live!

Friday, May 7, 2021  
12 p.m. EDT

[BHG.com/Stylemaker](http://BHG.com/Stylemaker)



Hover your smartphone camera over this code to see the event on May 7th.

#BHGStylemaker



ExploreCharleston

gelcouture  
by essie

TheraBreath



Stylemaker event proceeds benefit  
**FEED**  
Foundation

Presented by



### EXPERIENCE THE WIDE-OPEN SPACES YOU'VE BEEN LONGING FOR

The journey begins the moment you decide to take a road trip in North Dakota. Breathtaking Badlands, rich history, outdoor reaction and family fun – your North Dakota adventure awaits. Get a free guide today.

[LegendaryND.com](http://LegendaryND.com)



### LEAN CUISINE HIGH PROTEIN BOWLS ARE FULL OF SATISFACTION

Try Lean Cuisine Savory Sesame Chicken & Vegetables with 17 grams of protein and 370 calories. Made with breaded chicken tenderloins, freshly made pasta, and ½ cup of vegetables in a sesame ginger sauce. It's your goals, in your control.

[leancuisine.com](http://leancuisine.com)

### MAKE YOUR OPINION COUNT!

At *Better Homes & Gardens*, we value our readers' opinions. Join the *Better Homes & Gardens* Reader Panel and share your thoughts by participating in our online surveys and polls.

- Share thoughts and ideas in reader interest surveys
- Participate in opinion polls
- Win prizes and receive special offers

To join today, visit  
[bhg.com/meredithvoices](http://bhg.com/meredithvoices)

**Better Homes & Gardens®**

# FREE travel & home INFORMATION AND OFFERS



To receive Travel offers, use the order card or go to [TravelMeredith.com](http://TravelMeredith.com)

**Circle A11 for All Travel Offers**

## ALABAMA

- 1 Gulf Shores & Orange Beach**—Come be transformed by our sugar-white sand beaches and sparkling turquoise waters.

## CALIFORNIA

- 2 Visit California**—The California Visitor's Guide is packed with stunning photography, useful tools and tips to plan future trips for an amazing Golden State Experience! When you feel ready to hit the road again, know that you're always welcome in California. Where will your first stop here be?

## FLORIDA (For All, Circle A009)

- 3 Edgewater Beach Condominium**—French Riviera-inspired architecture and pools, expansive grounds, and a spectacular private beach create the perfect backdrop for your next escape.
- 4 Martin County**—Martin County offers up beautiful beaches, picturesque parks, natural beauty, attractions and a treasure trove of activities - minus the crowds.
- 5 The Pearl Hotel**—Forbes Four-Star & AAA Four-Diamond beach hotel with destination-worthy cuisine and alluring spa.
- 6 Visit Central Florida**—Located between Orlando and Tampa, a Central Florida vacation allows you to unpack once and experience all Florida has to offer.
- 7 Visit Panama City Beach**—Named the top 3 beach in the United States by TripAdvisor, PCB has 27 miles of beautiful beaches to choose from.
- 8 Visit South Walton**—On Northwest Florida's Gulf Coast, South Walton's pristine sugar-white sand beaches and turquoise water compliment 16 acclaimed beach neighborhoods. Find your perfect beach.
- 9 WaterColor Inn**—The perfect combination of upscale beachfront accommodations and acclaimed amenities including beach club, dining options, spa services and recreational activities.

## GEORGIA (For All, Circle A010)

- 10 Alpine Helen**—Where Mother Nature comes to play. A new adventure every day!
- 11 Ellijay, Georgia**—North of Atlanta, Ellijay welcomes you with orchards, outdoor adventure trails, an eclectic downtown, and the most vineyards in Georgia!

- 12 Fannin County Chamber of CVB**—Discover Blue Ridge, Georgia's favorite mountain town, where small town charm meets uptown shopping and dining.

- 13 Kingsland Convention and Visitors Bureau**—Nestled on the southeast coast of Georgia, Kingsland is surrounded by the sights and sounds of the beautiful marshes and creeks.

- 14 Pine Mountain**—A charming family escape awaits an hour southwest of Atlanta in Pine Mountain.

- 15 Visit Cartersville**—You'll find beautiful rolling hills, a tranquil lake and two Smithsonian Affiliate museums in a friendly small town. That's Cartersville - a real Georgia Gem just north of Atlanta on Interstate 75.

- 16 Visit Lake Oconee**—75 miles from Atlanta, the time of your life is closer than you think.

## MARYLAND (For All, Circle A020)

- 17 Beach and Beyond**—Discover Worcester County, Maryland's only seaside. Explore Assateague Island, Ocean City and authentic main street communities offering unique shopping and dining experiences.
- 18 Calvert County**—Always in Season. Experience Spring in your own backyard.
- 19 Carroll County**—Barn Quilt, Winery, Distillery & Microbrewery Trails. Home of the Maryland Wine Festival.
- 20 Cecil County**—Discover and experience beautiful countryside, shimmering harbors, fabulous cuisine, award-winning wine, and more!
- 21 Deep Creek Lake & Garrett County**—Boating, skiing, biking, hiking or taking in the stunning scenery—plan your Deep Creek Experience in Deep Creek Lake & Garrett County, Maryland!
- 22 Frederick County**—Shop Main Street communities, hike on the Appalachian Trail, visit a craft brewery, and tour a battlefield.
- 23 Maryland**—Home to endless adventure. So what are you waiting for? Now is the time to satisfy your five senses.
- 24 Somerset County**—Explore our landscape, sample the bounty of the bay, discover the sweeter side of life and celebrate the Chesapeake experience.
- 25 Talbot County**—Enjoy the costal towns, world-class dining and shopping, and elegant inns. Or bike, kayak, and sail the Chesapeake Bay.
- 26 Visit Hagerstown County**—Best known for our Civil War history, also visit our 5 National Parks, sip local wines, and enjoy outlet shopping!

**2 EASY WAYS** to get **FREE** information:

ONLINE BY MAIL



Hover your phone's camera over this code to instantly request more information from these destinations.

- 27 Visit Harford County**—Create your memories in Harford County, Maryland.

- 28 Visit Montgomery County**—Your trip to Washington, DC begins in Montgomery County, Maryland. Experience your weekend, your way - with classic Maryland flavor!

## MONTANA

- 29 Visit Montana**—Planning to travel in Montana? On the slopes or in town, you can take steps to help keep others safe. Learn more today.

## NORTH DAKOTA

- 30 North Dakota Tourism**—Breathtaking Badlands, rich history, outdoor recreation and family fun. Get your free guide today.

## OHIO

- 31 Explore the Cuyahoga Valley National Park by Train**—A tourist railway offering year-round excursions for visitors of all ages through the Cuyahoga Valley National Park.

## SOUTH CAROLINA (For All, Circle A040)

- 32 Charleston**—Recognized for centuries of rich history, meticulously preserved antebellum architecture, coastal landscapes, celebrated restaurants and mannerly people, Charleston is a "must visit" destination.

- 33 Discover South Carolina**—Request your free 2021 South Carolina Vacation Guide and start planning your next getaway to the Palmetto State.

## WEST VIRGINIA

- 34 West Virginia Tourism**—It's the kind of place that draws you in and calls you back, with natural simplicity and mystical beauty. Almost Heaven welcomes you.

## WISCONSIN

- 35 Green Bay**—World Famous Lambeau Field, museums, theaters, wineries, festivals, zoo, casino, breweries, golf and fishing. Near Door County. FREE Guide!

## MID-ATLANTIC

- 36 Great Mid-Atlantic Family Vacations**—Family Adventures, Closer Than You Think! Enjoy the short drive, outdoor adventures that Mid-Atlantic destinations offer.

## SOUTHEAST

- 37 Great Southeast Family Vacations**—Family Road Trips, close to home, a world away. Visit a Southeastern vacation destination with your family this year.

# how to live with uncertainty

We've all been dealing with more changes and ambiguity than usual, and there's no question it's difficult. But you can take concrete steps to deal with uncertainty and maintain a sense of well-being.

**f**or most of us, the past year has been a dramatic and sustained period of uncertainty, with the COVID-19 pandemic leaving us wondering when will things go back to normal—or some semblance of it. "Living with so much uncertainty is hard," says sociologist Christine Carter, Ph.D., a senior fellow at The Greater Good Science Center at the University of California, Berkeley. "When there's ambiguity about the future, our brains perceive it as a threat, and it's hard to concentrate." A constant state of uncertainty can leave you stressed, anxious, or depressed, any of which can trigger physical symptoms like headaches, digestive distress, irritability, or sleep

disturbances, says Vaile Wright, Ph.D., senior director for health care innovation at the American Psychological Association. However, you can boost your tolerance of ambiguity. It helps to remind yourself that "we've always lived with uncertainty, and we all have tools to deal with it," says Tim Pleskac, Ph.D., a professor of psychology at The University of Kansas and coauthor of *Taming Uncertainty*. Holding onto those ideas can be especially difficult when the environment continuously shifts as it has during the pandemic, so you may need to reboot or upgrade your coping skills. Here's how.

## 1 Practice acceptance.

Try to consciously accept that the situation is the way it is—for now, at least—and fully acknowledge how it's affecting you. "Give yourself permission to say, 'I'm not doing well right now' or 'I'm doing as good as I can be right now.' This will validate your feelings, and then you can deal with how you feel instead of working against that and trying to convince yourself to feel differently," says Michele Ford, Ph.D., a professor of psychology at Dickinson College in Carlisle, PA. When you accept those feelings with compassion, you'll improve your ability to tolerate

the discomfort and move through it.

Also, it may help to lower your expectations of yourself so they're more realistic for the time being. Perhaps you need more downtime. Instead of focusing on what you're not doing or achieving, consider the best ways to direct your energy right now—ideally, into gratifying or distracting activities.

## 2 Cater to your basic needs.

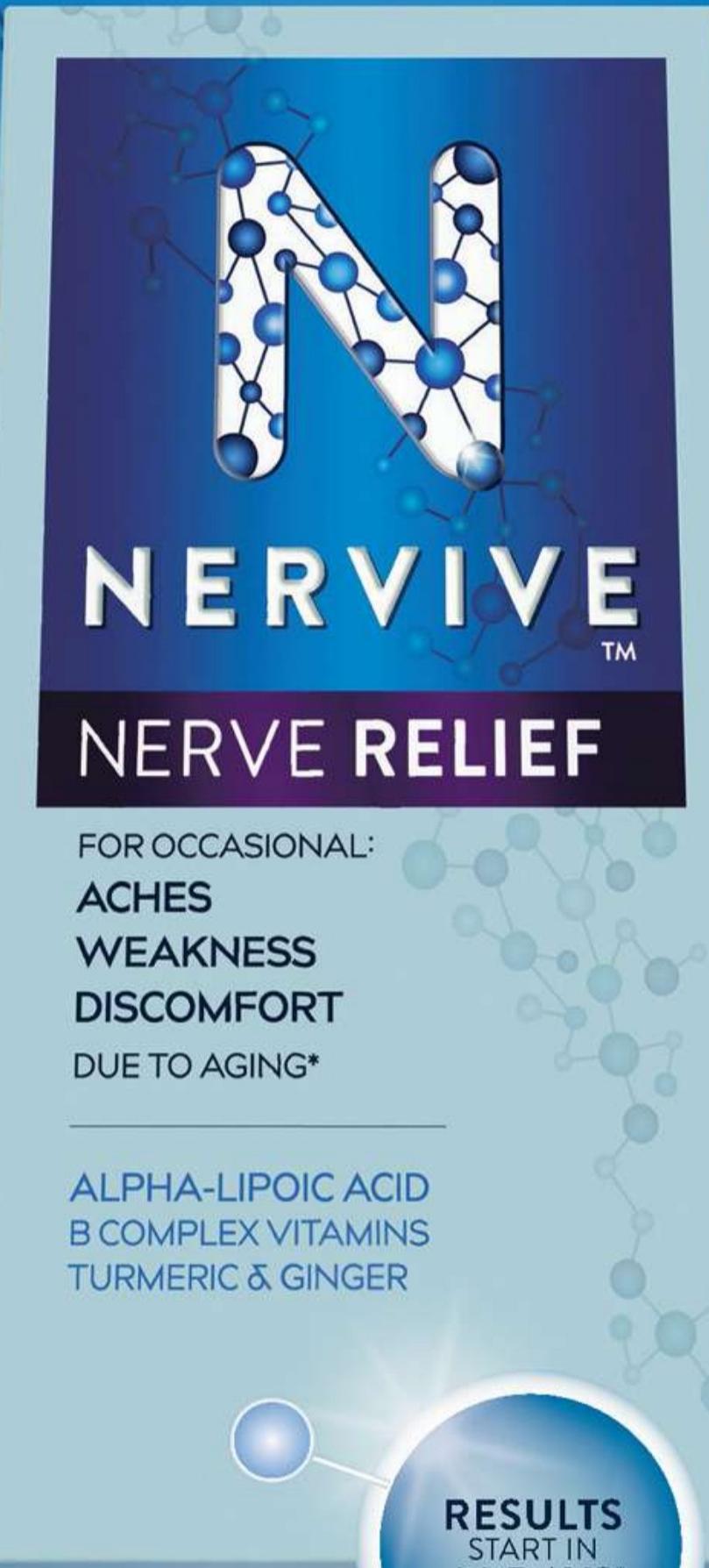
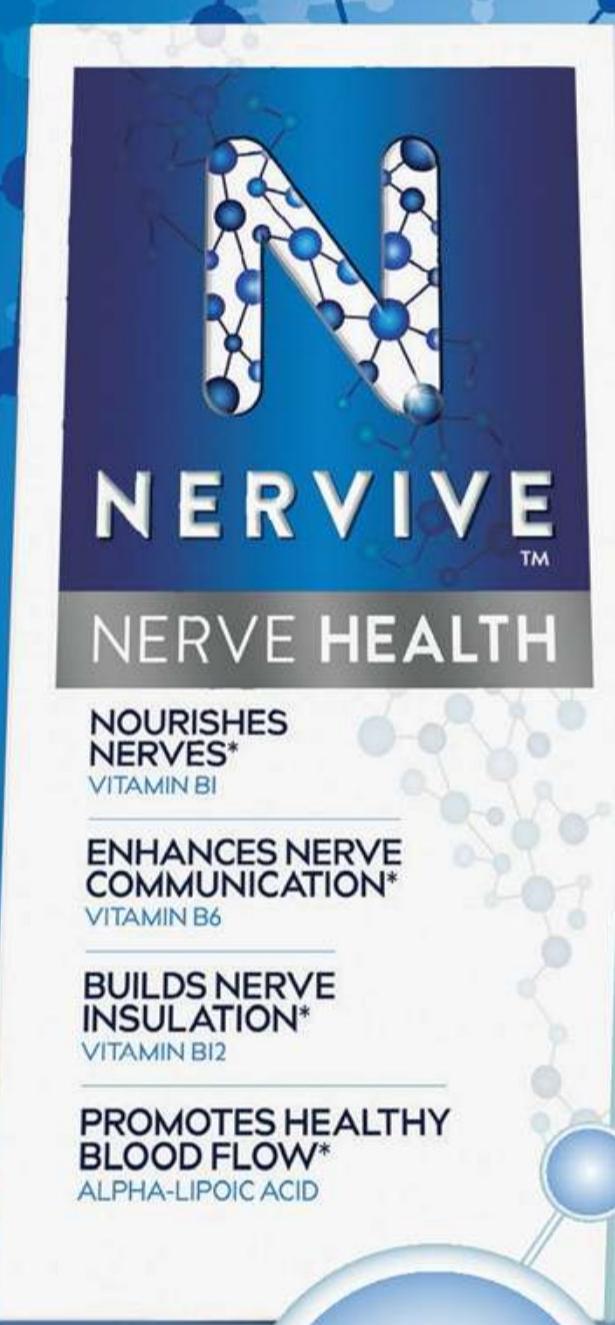
In times of stress we can forget about the basics that nourish our bodies: getting enough sleep, eating healthfully, exercising regularly,

and staying connected with family and friends (following COVID guidelines, of course). Take a back-to-basics approach. Start with sleep: Try to go to bed and wake up at the same time every day, and follow a wind-down routine (with digital devices powered off) an hour before bed. Stock the fridge and pantry with healthy foods (fruit, cut-up veggies, nuts) so you won't impulsively reach for empty calories. Block off 30-minute workouts on your calendar as important appointments (which they are for your health). This provides some predictability to your life.



**It's OK to say that you're not doing that great.**

# INTRODUCING NERVIVE



FROM THE  
**WORLD'S #1 SELLING NERVE CARE  
COMPANY<sup>†</sup>**

<sup>†</sup>Nicholas Hall's global CHC database, DB6, 2019 value sales at MSP

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

# 3

Imagine the in-between outcome.

When life feels particularly unstable, many people get caught in a pattern of catastrophizing, or imagining worst-case scenarios, says psychiatrist Katherine Pannel, D.O., medical director of Right Track Medical Group in Oxford, MS. To avoid that mindset, Pannel suggests this exercise: Imagine the worst and best things that could happen, then consider what's likely to happen, which is somewhere between. "It's a way to redirect your thoughts to a more realistic, comfortable place," Pannel says. To divert your brain from catastrophizing, think through the situation. If you're worried about losing your job, for example, the worst-case scenario might be running through all your savings. The best-

case scenario would be not losing your job or finding another one right away. The middle: Talk to your boss about how to fortify your position at work, then take steps to do so. If you do get laid off, cut back on spending, or if need be, draw from savings (or a home equity loan) while job hunting.

# 4

Recall other challenges you've overcome.

Those memories are reassurance that you're more resilient than you probably give yourself credit for. If you drill down to remember specific approaches that helped you get through a difficult situation in the past, you may recall strategies worth using again, Carter says. For example, maybe you

## When the world feels scary or uncertain, a sense of purpose can ground us.

navigated a previous stressful situation by talking to a therapist or a trusted friend or by figuring out ways to lighten your workload.

# 5

Take breaks to recharge.

Give some thought to what helps you rejuvenate, refresh, and decompress, then schedule breaks throughout the day to do those activities. It could be taking a walk, doing gentle stretching, cuddling a pet, listening to music. If you're worried

you shouldn't or can't spare the time, reframe how you think of the time-outs: They are preemptive ways to comfort yourself to avoid feeling unsettled.

# 6

Embrace a sense of purpose.

Contributing to your community—even in small ways—builds a sense of purpose. There are many options to volunteer remotely or with safety precautions in place. You can connect virtually to your neighborhood community through the app NextDoor or your chamber of commerce's Facebook page. Also check your community center or place of worship for opportunities.

Volunteer Match ([volunteermatch.org](http://volunteermatch.org)) will also direct you to specific areas of need near you.

Besides giving you a sense of

empowerment in this time of uncertainty, "doing concrete things that contribute to the greater good can change your outlook and help you feel better," Ford says.

Another helpful exercise: Think about how you're valuable to the pets and people in your life—your family, friends, neighbors, colleagues. This can be a reminder that the emotional support you provide is important and that you are connected to the world around you.

Remember that even after the pandemic fades, our lives will contain uncertainties; they are a fact of life. So developing tools and strategies is important to help you live with them—today, tomorrow, and for the long haul. ■



**Dealing with uncertainty is about gaining a sense of control, not controlling the future.**



A close-up photograph of a young girl with long, light brown hair, looking upwards and to the right. A person's hands are visible, holding a white measuring tape against her forehead. The background is a plain, light-colored wall.

**Home is  
the key  
to measuring  
life's little  
moments**



Help us open the door  
to life's key moments.  
**Donate today.**

[habitat.org/homeisthekey](https://habitat.org/homeisthekey)

*Aalayah, daughter  
of a Habitat homeowner.*

Thank you to our 2021 Home is the Key<sup>sm</sup> partners:



SHERWIN-WILLIAMS



MEDIA PARTNERS



# what dermatologists wish you knew

Despite all the skin cancer awareness information out there, we're still making sun protection mistakes. (Less than half of adults regularly use sunscreen on their faces!) Dermatologists highlight the top problems and easy fixes.

## you're probably not getting the SPF you think

SPF stands for sun protection factor and is a number that gives you a rough idea of how long a sunscreen guards against the sun's damaging rays. If you usually burn after 10 minutes, for

instance, SPF 30 is meant to give you 30 times more (or five hours) sun time before you burn.

But here's the rub: "Studies are often done with much more of a significant coating of sunscreen than what we usually put on," says Joshua Arbesman, M.D., dermatologist and melanoma specialist at the Cleveland Clinic.

### DON'T FORGET YOUR SCALP

*You get more sun here than you realize, especially when you're in the water. And it's an area prone to skin cancer. Look for sunscreens made for the scalp; they're nongreasy.*

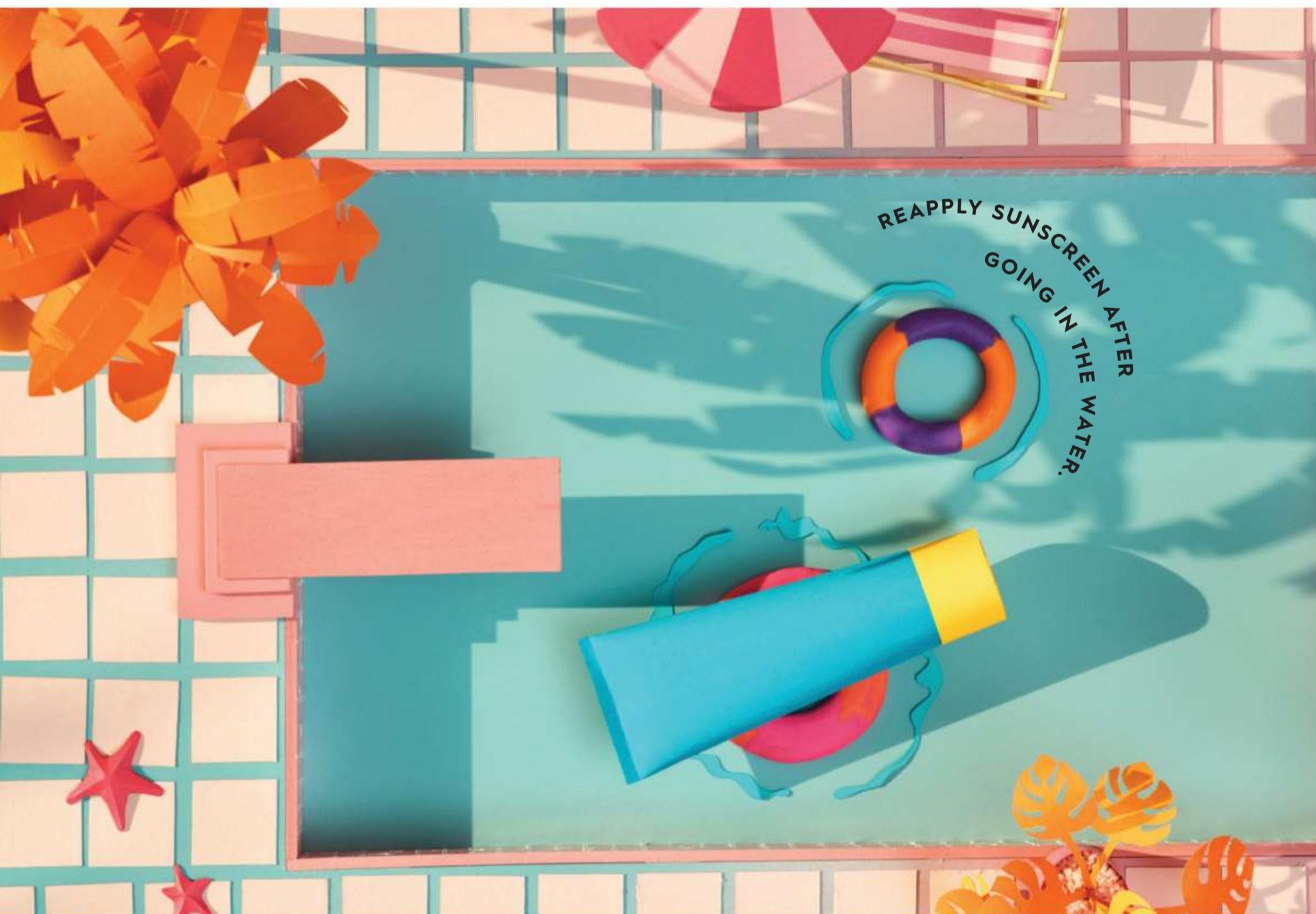
In fact, one study found that most people apply less than half the recommended amount of sunscreen. If you skimp on the SPF 30, for example, you may end up with an SPF of only 15. So dermatologists often recommend a higher SPF to compensate for the fact that we don't apply enough, Arbesman says. You should be using about

an ounce (a shot glass worth) of sunscreen for your entire body each time. Because not many of us travel to the beach with a shot glass, think of it this way: A family of four should use an entire 8-ounce bottle of sunscreen during an afternoon outside.

Use at least SPF 30 and generously slather it on 30 minutes before heading outside to allow it to bind to your skin. Reapply at least every two hours, more if you sweat or spend time in the water.

## "healthy base tan" is an oxymoron

The proverbial "base tan" won't protect you. It's actually a sign that your skin is damaged. The dark pigment is melanin, which the skin sends out in response to UV exposure. Browning yourself in a tanning bed is no better. Tanning indoors can increase your risk for squamous cell skin cancer by 83 percent and basal cell skin cancer by 29 percent.





LEADING VALUE  
BRAND

THE ONLY ONE WITH OUR  
SHAPEWEAR FABRIC FOR  
COMFORT &  
PROTECTION,  
GUARANTEED<sup>†</sup>

Silhouette



Stay up to 100% leak-free  
in our softest,  
smoothest underwear.

Get a sample at [Depend.com](https://Depend.com)



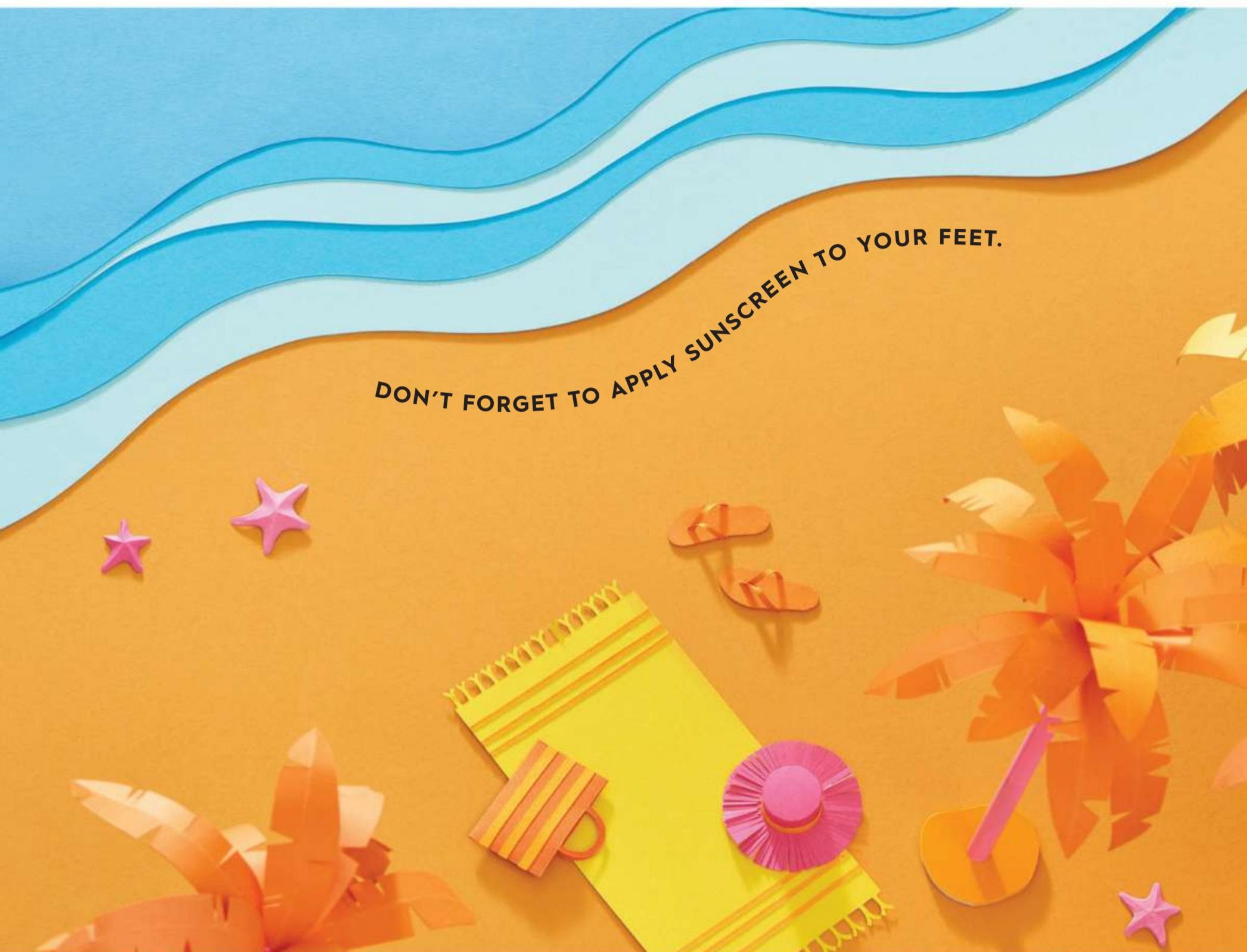
THE ONLY THING STRONGER THAN US, IS YOU.<sup>TM</sup>

<sup>†</sup>Purchase by 3/31/22. Redeem within 30 days of purchase. See Depend.com/Guarantee for details.

®/™ Trademarks of Kimberly-Clark Worldwide, Inc. or its affiliates. © KCWW

## THE SAFEST TAN IS ONE THAT COMES FROM A BOTTLE.

JOSHUA ARBESMAN, M.D.

**WEAR  
SUNSCREEN  
EVEN  
ON CLOUDY  
DAYS**

Up to  
80 percent  
of UV rays  
penetrate  
clouds.

**be careful how  
you use sticks  
and sprays**

Sticks can be great for small areas, and sprays make it easier to cover hard-to-reach parts like your back. But you have to apply them properly, which a lot of people don't do, says Orit Markowitz, M.D., former skin cancer director at Mount Sinai Hospital and founder of OptiSkin, a dermatologic treatment and research center in New York City.

■ When using a stick, go back and forth four

times to ensure you apply enough.

■ For sprays, look for thick mineral formulas. Hold the nozzle close to your skin and spray until your skin is covered, then rub it in.

**use the  
ABCDE rule for  
self-checks**

Examining your own skin regularly (aim for monthly) will help catch skin cancer early. Look for these signs of suspicious moles, which should be examined by a dermatologist.

**■ ASYMMETRICAL**

Does one part of the mole look different from the other?

**■ BORDER**

Are the edges irregular or jagged?

**■ COLOR**

Is it uneven? Are parts lighter or darker?

**■ DIAMETER**

Is the spot larger than the size of a pencil eraser?

**■ EVOLVING**

Has the mole or spot changed? E is perhaps the most important. Any spot that changes size, shape, color, or elevation, or that develops symptoms (bleeding, oozing,

itching, or crusting) should be looked at by a dermatologist ASAP.

Also remember that you can get skin cancer in places where the sun doesn't shine—including your palms, bottoms of your feet, breasts, and buttocks—so check thoroughly.

**sunscreens  
do expire**

The FDA requires that all sunscreens be formulated to maintain their original strength for at least three years. If the bottle doesn't have an expiration date, write the purchase date on it. Keep in mind that sunscreens degrade faster in the heat, so tuck sunscreen under your chair or into a cooler when you're outside. And don't store it in your car.

**you can develop  
skin cancer no  
matter what  
your skin tone**

Although skin cancer is more common in fair-skinned people, anyone can develop skin cancer, even people who aren't prone to sunburn or who tan easily. So do your self-checks and get examined by a dermatologist annually. ■



Real Estate Benefits

from



REALOGY



EXPECT  
BETTER®

As an AARP member, you can earn \$300 to \$5,500 in benefits\* when you buy or sell a home. Contact Realogy to get matched with a participating Better Homes and Gardens Real Estate affiliated agent. Visit Realogy at [AARPRealEstateBenefits.com/BHGRE](http://AARPRealEstateBenefits.com/BHGRE) to learn more.

\*The cash back benefit is offered in most states. In some states a gift card or commission reduction at closing may be provided in lieu of the cash back bonus. The program is not available for employer-sponsored relocations or transactions in Iowa or outside the United States. The cash back bonus is not available in Alaska, Louisiana and Oklahoma. In Kansas and Tennessee, a MasterCard MAX gift card will be issued. In Mississippi, New Jersey, and Oregon, a commission reduction may be available at closing. The cash back bonus is only available with the purchase and/or sale of your home through the use of a participating program real estate agent. The actual amount you receive is based on the purchase and/or sale price of your home. All real estate commissions are negotiable. Other terms and conditions may apply. Please check with a program Advocate for details. Program terms and conditions are subject to change at any time without notice. Additional terms, conditions, and restrictions apply.

AARP commercial member benefits are provided by third parties, not by AARP or its affiliates. Realogy pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP and its affiliates do not employ real estate agents and do not endorse agents, brokerages or the services made available by Realogy. Neither AARP nor its affiliates are real estate brokers. Some provider offers are subject to change and may have restrictions. Please contact the provider directly for details. ©2021 Better Homes and Gardens Real Estate LLC. All rights reserved. Better Homes and Gardens®, the Better Homes and Gardens Real Estate Logo and Expect Better® are service marks owned by Meredith Corporation and licensed to Better Homes and Gardens Real Estate LLC. Better Homes and Gardens Real Estate LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each franchise is independently owned and operated. AARP's products or services are not provided by Meredith Corporation, Better Homes and Gardens Real Estate LLC, or any of their respective affiliates.

Better  
Homes  
and Gardens.  
REAL ESTATE

**Treat Your Pup to the Natural, Bacon-Style Treat**

**USA PORK #1 INGREDIENT**

A tasty treat you'll feel good about giving

**SIZZLERS** BACON-STYLE DOG TREATS

Available at a Store Near You!

better/pets

# keeping PETS SAFE AT HOME

Pets can get their paws into trouble around the house. Watch for these hazards.

Think your pet has eaten something toxic? Call ASPCA Poison Control (888/426-4435) or your vet.

## TOXINS

Foods and medicines that make us feel better can make our pets sick. Over-the-counter meds (anti-inflammatories, supplements) were the top toxins pets ate in 2020, reports the American Society for the Prevention of Cruelty to Animals (ASPCA).

Some cats are curious jumpers, and dogs can sniff out pills in purses or backpacks on the floor. So the safest spot for meds is a closed cabinet.

Take medication in a closed room away from your pet, so if you drop a pill, you'll have time to find it before your pet does, says Tina Wismer, D.V.M., of the ASPCA Animal Poison Control Center in Urbana, IL.

Among the top 10 toxins pets ingest are some of our favorite foods and drinks, including chocolate, coffee, caffeinated products, alcoholic beverages, citrus fruits, grapes, raisins, onions, garlic, and chives. Note that the sweetener



xylitol (found in sugar-free products like gum, candy, toothpaste, and peanut butter) is also poisonous to pets.

Don't forget to keep pets out of rooms and yards where you're using cleaning products or doing improvements. Pets walk through the chemicals then lick them off their paws.

## CHOKING AND OTHER HAZARDS

Cords from blinds or curtains are a biggie. Consider going cordless, or use a device to secure cords to the wall or floor. Cut any loops. Plastic and paper bags are a suffocation hazard, especially ones with handles that can catch on heads.

## OPEN WINDOWS AND DOORS

If your pet is a door-dasher, consider making an air lock area. Install an exercise pen or baby gate that you have to step through before opening the outside door. Dogs jump and cats lounge on windowsills, so screens should be securely mounted. Avoid using window guards made for kids; pets can slip through the bars. Don't forget the dryer door, says Brianna Armstrong, D.V.M., at Firehouse Animal Health Center in Austin. A warm dryer is an invitation for a cat nap, so close it as soon as you take out the laundry. ■

# Our Promise to Blue Is Our Promise to You

©2021 Blue Buffalo Co., Ltd.

**What started as a simple promise  
to feed an Airedale named Blue**

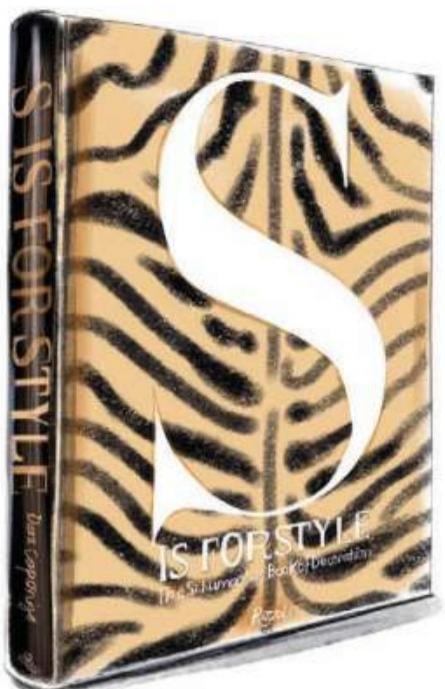
like one of the family has turned into the #1 natural pet food company. And while a lot has changed, one thing has always remained the same at Blue Buffalo – a commitment to making the best pet food possible with ingredients you'll feel good about feeding.

[BlueBuffaloStory.com](https://BlueBuffaloStory.com)



Love them like family.  
Feed them like family.®





# style definer

Dara's book *S Is for Style: The Schumacher Book of Decoration* (\$65; [rizzoliusa.com](http://rizzoliusa.com)) showcases inspiring pattern-filled interiors and explores 16 distinct decorating personalities. Learn the key ingredients to styles with chapters on "Ladylike," "Trad with a Twist," "Opulent," and "Boho." "There are so many nuances to taste and style, and no pressure to decorate any one way."



# i can't work without ...

"Before I jump into a new project, I need to clear my desk. It helps me stay focused. I know it's old-fashioned, but I still love paper—most of the creative people I know do. I have a dedicated pile of papers fastened with binder clips for every person on my team. I like the simple stainless ones best."

"Patience is a big part of finding your style. Decorating can be expensive, so you don't want to rush and make mistakes."

**[ BEST ADVICE ]**

“ Thomas O’Brien once told me, ‘It’s fine to embrace lots of different styles as long as they are unified by color.’ It sounds simple, and it makes sense. ”



# DARA CAPONIGRO

# **SHARING HER PASSION FOR ALL THINGS INTERIOR DESIGN TO HELP PEOPLE BRING PERSONALITY AND BEAUTY TO THEIR SPACES.**

As a former editor for home decor magazines and the current creative director of Schumacher, the iconic fabric and wallcovering company, Dara has spent her career immersed in decorating. She shares her insights on timeless style.



# perennial pattern

Created more than 70 years ago by Swedish designer Josef Frank, the Citrus Garden pattern is everywhere right now (check out #citrusgarden on Instagram). “It resonates with so many people because it brings instant joy. It’s also modern and friendly at the same time, which is a difficult combo to come by.”

# zoom refresh

Upgrade your video meetings with a style-savvy background by downloading a classic Schumacher pattern (free) at their home decor blog, [livetheedit.com](http://livetheedit.com).



# little ways to wow

"Style isn't always about making a big splash. You can add it in small doses. Bold, eye-catching wallpaper in the back of cupboards or between shelves in bookcases is a wonderful way to make a big statement in a small way." ■



Invisible pad. All the protection you need.

The only bladder leak pad with  
**RapidDry™ layers**  
that protect differently.



# WHY SETTLE FOR JUST EYE DROPS

## WHEN THERE'S DRY EYE THERAPY

More than just eye drops, dry eye therapy™

TheraTears® was created by an ophthalmologist after 18 years of research. The clinically proven electrolyte formula replicates healthy tears and provides immediate, long-lasting relief.

Save up to \$5 at [theratears.com](http://theratears.com)



Dry eye can be caused  
by a salt imbalance

TheraTears® electrolyte formula  
restores your eyes' natural balance

